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Lakes, Bay & Region • September 29, 2018

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THE Messenger

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The Messenger is dedicated to the community and we welcome contributions from residents, community groups, schools, sporting groups, the private sector and institutions of higher education. Email reports and pictures to Editor Dan Fidler via:

editor@northlakesmessenger.com.au

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“Breathe Easy” Air Treatment Solutions

by James Scott, Assistant Manager at Harvey Norman Rothwell

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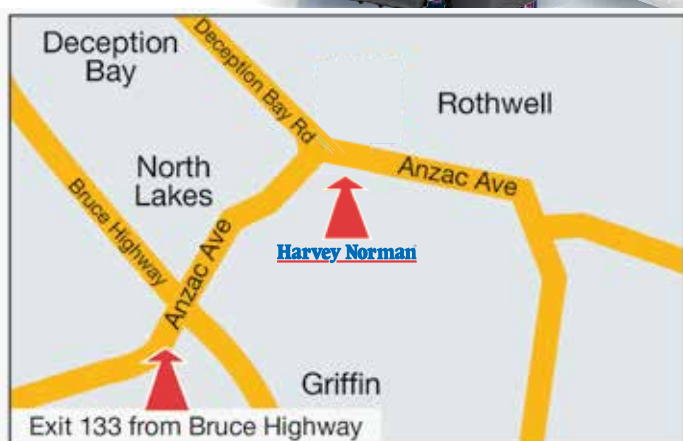
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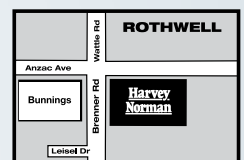
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All day entertainment

COVER IMAGE BY DAVID KELLY



Sbandieratori, and Tamburini



The artistic swordsmanship of Prima Spada



activities for the bambini



Selfie with Commedia dell'Arte roaming characters

LA DOLCE VITA

Grab a slice of the good Italian Life when Festitalia returns for one day only in October

Break out your pasta bibs, pull on those stretchy pants and get ready to talk with your hands (when they're not busy eating and drinking) as Brisbane's biggest celebration of all things Italy, Festitalia, returns on Sunday October 14.

Boasting a program of food, wine, song and more, you'll only have one day to get roamin' down to Spencer Park Newmarket for a big bellissimo day out.

FEAST

Over 30 famed flavour-makers will be on hand to fill bellies on the day. There will be Italian-inspired stalls and pop-ups featuring traditional and modern pasta, pizza, calamari, cannoli, gnocci. From granita to Italian meatballs to Nutella doughnuts and authentic espresso, like a visit to Nonna's you won't leave hungry.

The day will play host to traditional Italian cooking demonstrations by the likes of **Roberto D'anna** (Ristorante Tartufo), who graduated from Milan's prestigious Istituto Alberghiero Carlo Porta, **Andrea Ravezzani** (Noosa Waterfront Restaurant and Bar), **Youssef Ben-Touati**, an international award-winning pizzaiolo and pizza acrobat), **Rossano Tantulli** (Pavarotti's Italian) – a third generation restaurateur from the Tuscan region

of Italy), and **Alessandro Motta** (Casa Motta) who will be hand-making fresh buffalo mozzarella.

SLICE OF ITALIAN LIFE

Flying in direct from Fivizzano Italy come the internationally acclaimed Gruppo Storico Flagthrowers. Made up of 14 flagthrowers and musicians you won't see any thing like this on any other day of the year in Brisbane. Flagthrowing dates back to medieval Italian guilds, when the banner, or flag, was considered a symbol of purity, and was not allowed to touch the ground during the energetic performances. The performers, known as Sbandieratori, dress in medieval costumes and are accompanied by drummers known as Tamburini as they perform.

Also on the entertainment schedule comes Australian songstress and ARIA award-winning vocal powerhouse Cosima de Vito, who will be joined by Italian tenor Raffaele Pierno.

Raffaele's reputation as a Maestro di Voce has taken him across Europe as a concert soloist. Other entertainers include Italian Brisbane-based Diletta Luna, and the classically trained singer songwriter and Jason Fichera, an acoustic pop/rock artist who rose to fame representing Australia at the 17th Annual World Championships of Performing Arts (WCOPA 2013).

This year, Festitalia celebrates the ancient art of glassblowing. The origins of glassmaking in Venice date back to the Roman Empire; live kilns and talented glassblowers will demonstrate throughout the day.

The artistic swordsmanship of Prima Spada will be on display, celebrating the European masters of the 16th and 17th centuries. Thirty-minute lessons will be held throughout the day.

Festitalia goers can time travel back to the Roman Empire with historical re-enactments by the acclaimed Pax Romana and exhibitions by Mare Nostrvm and Regio Esercito.

A major selfie-worthy moment will be the Commedia dell'Arte roaming characters including wonderfully costumed Venetian ladies will happily pose for photographs.

Fun for all ages, Festitalia includes activities for the bambini including a Palio Bimbi – a hobby horse race and Past'Arte where kids can create a doll's dress on paper from pasta shapes.

A highlight for those who want to brush up on the continental lingua franca - The Talk Italian Tent returns, catering to those with Italian travel plans, students, or for those who simply love the language!

Eat, drink and be merry for one day only at the Festitalia Italian Festival, October 14, 2018, 11am – 6pm at Spencer Park, 42 Newbery St, Newmarket

There are free shuttle from Wilston Station by 13cabs. To get in the express lane for entry buy your tickets online now at www.festitalia.com.au and find Festitalia on Facebook and Instagram for all up to date information.

Tickets cost just \$10, Concessions for \$6 and Children under 12 are FREE.

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IS YOUR BUSINESS A CHAMPIONS OF MATURE WORKERS?

Chris Whiting MP is calling on locals to nominate businesses who are champions for mature workers to be recognised in the Mature Workers Mean Business Awards.

These awards are an important way of recognising those local employers who value the contribution mature aged workers to their businesses.

"About a quarter of the nation's population are aged 55 and over, but they represent only 18% of the total labour force," Mr Whiting said.

"The Palaszczuk Government's Skilling Queenslanders for Work program has assisted 154 mature aged people in Bancroft into work, or further training.

"If your business is currently benefitting from the experience and dedication of a worker who is over 55, then we want to hear from you," Mr Whiting said.

To nominate for the awards, for a chance to win a personalised business coaching program visit www.business.qld.gov.au/experience and tell us in 100 words how your business has benefitted from hiring older workers.

Entries close at 5pm on Friday 26 October 2018.

HEADSPACE ADDING A LITTLE COLOUR TO YOUNG PEOPLE'S DAYS

headspace Redcliffe and the YMCA, North Lakes will run a free event for young people 12-25, focusing on positive mental health at The Space, North Lakes from 3:30-5:30pm on 11 October 2018

for headspace Day. It's a free event for 12-25 year olds.

This free, safe event will include free entertainment and food and chill out activities, focusing on the positive message of mindfulness.

headspace Redcliffe Regional Allied Health Manager Jamie Thompson said one in four young people have experienced a mental health issue in the past 12 months.

"Alarming, suicide is the leading cause of death of young people, accounting for a third of all deaths", said Mr Thompson.

Thursday 11 October marks headspace Day – a national day focusing on young people and the importance of their mental health wellbeing.

This year's theme is 'Add a little colour to your day: Put your mental health in the picture'.

The event runs Thursday 11 October, 3:15pm-5:30pm at The Space, Cnr Lakefield Drive and Endeavour Boulevard, North Lakes

ARANA VIEW CLUB OCTOBER MEETING

The Arana View Club meeting is on Wednesday 3rd October at the Arana Leagues Club, Dawson Parade, Keperra. Doors open at 10.30am for the meeting to commence at 11.00am Cost is \$27 and includes a 2-course lunch as well as tea and coffee.

The guest speaker for October is Gina Storey from Travelling Places. Gina is a bespoke travel agent who arranges trips for clients from all around the world. There wouldn't be many, if any, countries she hasn't visited so Gina is certain to have some great travel hints for all.



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The day will also host the usual raffles and lucky door prizes, with proceeds going toward supporting the group's 14 Smith Family "Learning for Life Students."

New members and guests are always welcome. Please phone Carol by 12.00 noon on Monday 1st October on 33555349 to book.

\$1 MILLION TO STRAWBERRY FARMERS

The state government has announced \$1 million in funding to boost the strawberry industry as farmers struggle following recent incidents of contamination.

"This past week, Queensland has been the victim of an ugly, calculated and despicable crime," Premier Anastacia Palaszczuk said.

"The sabotage of our strawberry industry is not just an attack on hard-working growers and workers, but it reaches into almost every home and school lunch box."

This \$1 million fund will boost consumer confidence through promoting the quality of Queensland strawberries, investigate with the industry how to further improve traceability and integrity in the supply chain, and help growers for the remainder of this season and as the summer strawberry season in the Granite Belt ramps up.

The value of Queensland strawberries for 2017-18 is forecast to be \$160 million.

There are approximately 150 strawberry growers in Queensland, with most production around Dayboro, Beerwah, Wamuran, Elimbah, Caboolture, Stanthorpe and Bundaberg.

Queensland growers produce 6-15,000 tonnes of fruit per season, up to 60 million punnets of strawberries.

Consumers are reminded to cut up any strawberries before consumption.

QCWA KALLANGUR CENT AUCTION

The QCWA Kallangur will be holding a Cent Auction in November.

The Auction will be held at the QCWA Hall, Kallangur, next to L. J. Hooker, on Saturday the 10th of November 2018 and everyone is welcome.

PENINSULA CRICKET CLUB'S FIRST EVER NATIONAL CRICKET FIXTURE

The Peninsula Cricket Club (PCC) is the oldest cricket club on the Peninsula and has remained active in recruiting and developing existing links with junior and senior cricket.

The PCC has just proudly announced that they will host the first ever national cricket selection game to be held at their new venue, Filmer park.

The event is to be held on Sunday 7th October. First ball bowled at 10am with the coin toss will be performed by a local dignitary.

Teams competing are New South Wales and Western Australia. All cricket followers are invited along. Full canteen services will be available on the day.

Filmer Park can be found at 256 Hornibrook Esplanade, Woody Point. Contact Barry Stevenson, 0413 752 474. For further details.



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NEW BREAKTHROUGH

In the war against antibiotic resistance



A significant breakthrough in the fight against drug resistance in bacteria has been found by scientists at The University of Western Australia, in collaboration with researchers in Canada, have developed a new compound that can combat antibiotic-resistant bacteria. If a compound was developed for effective use it would greatly help prevent common infections in many people, some which can be life threatening.

Beta-lactam antibiotics, better known as penicillins, are widely used to treat everything from skin infections and throat infections to diseases in humans such as pneumonia, tuberculosis and gonorrhoea. However the rise of drug-resistant bacteria in the past decade is threatening their effectiveness.

Lead author and chemical biologist Associate Professor Keith Stubbs, from UWA's School of Molecular Sciences said one method bacteria use to resist antibiotics is to produce an enzyme, called AmpC beta-lactamase, to destroy the antibiotic.

"Many bacteria produce AmpC beta-lactamase only when beta-lactam antibiotics are present, and this is controlled by a sensory 'on switch' molecule found inside the bacteria," Associate Professor Stubbs said.

"Previous ways to overcome AmpC beta-lactamase was to provide patients with an inhibitor of the AmpC enzyme as well as prescribing them the beta-lactam antibiotic, but this approach is quickly becoming much less effective, with bacteria developing stronger and stronger resistance in recent years."

The UWA-led research team has developed a compound that can stop the 'switching on' of the AmpC enzyme.

"If the 'switch' is not activated, AmpC beta-lactamase can't be made and then the antibiotic can work to treat the bacterial infection successfully," Associate Professor Stubbs said.

The researchers tested the compound on a bacterial strain of *Pseudomonas aeruginosa*, which affects patients suffering with Cystic Fibrosis, and found the new compound makes the bacteria much more susceptible to the effects of beta-lactam antibiotics.

UWA Research Associate Louisa Ho from the UWA School of Molecular Sciences said because the new method could be applied to many beta-lactams, older ones no longer on the market were potentially back in the game although. More work is needed but this sets the foundation for a new chemical approach to stop beta-lactam resistance and we should see them in public use in the next 10-15 years.

DIGGING UP DIRT ON OBESITY

New research shows fighting obesity could be as plain as dirt



In Queensland, the last relevant ABS stats on obesity (to be clear - obese, not overweight) showed that there are 1.1 million people or 30.2% of persons aged 18 years and over in Queensland considered obese. There were 72,900 or 7.5% of children (aged 2-17 years) obese.

Australians are overrepresented in global obesity stats and the problem costs the global economy an estimated US\$2 trillion annually. Obesity has been dubbed a modern day health epidemic, but new research from the University of South Australia has unearthed a possible cure for obesity - and it is as plain as dirt!

Investigating how clay materials can improve drug delivery, UniSA researcher and PhD candidate, Tahnee Denning serendipitously discovered that the clay materials she was using had a unique ability to "soak up" fat droplets in the gut.

Denning says this accidental discovery could potentially be a cure for obesity.

"It's quite amazing really," Denning says. "I was investigating the capacity of specifically clay materials to improve the oral delivery and absorption of antipsychotic drugs, when I noticed that the clay particles weren't behaving as I'd expected."

"Instead of breaking down to release drugs, the clay materials were attracting fat droplets and literally soaking them up."

"Not only were the clay materials trapping the fats within their particle structure, but they were also preventing them from being absorbed by the body, ensuring that fat simply passed through the digestive system."

"It's this unique behaviour that immediately signalled we could be onto something significant - potentially a cure for obesity."

Being overweight can cause serious health conditions such as cardiovascular disease, type 2 diabetes, and some cancers.

According to the Australian Institute of Health and Welfare, obesity is increasing with almost two in three adults, and one in four children, now overweight or obese. And if its prevalence continues, we can expect nearly half the world's population to be overweight or obese by 2030.

With few effective drugs existing to counteract obesity, many companies are investing huge amounts to discover and develop alternative treatments for obesity.

Denning's research investigated the effects of montmorillonite - a natural clay material, purified from dirt and laponite - a synthetic clay - in rats fed a high-fat diet, comparing against placebo and a leading weight loss drug - orlistat. Monitoring over a two-week period, she found that while both the engineered clay formulations and orlistat delivered weight loss effects, the clay material outperformed the drug.

Denning says the findings offer new insights for obesity and weight-management, particularly when used in combination with the commercial drug, where there is potential for synergy.

"Our processed clay has an unusually high surface area which means it has a huge capacity to interact with and soak up digested fats and oils present in the foods we eat," Denning says.

"Orlistat on the other hand, is an enzyme inhibitor that blocks up to 30 per cent of dietary fat digestion and absorption, which leads to weight loss, but has unpleasant side effects such as stomach aches, bloating, flatulence and diarrhoea, which limits its use in weight loss as people choose to stop using it."

"What we're researching now is a synergistic approach with both the clay material and orlistat: the orlistat blocks the enzyme that digests fat molecules, and the clay particles trap these fats so they're excreted out of the body without causing gastrointestinal disturbances."

"We're essentially attacking fat digestion and absorption in two different ways and we hope this will lead to greater weight loss with fewer side effects."

UniSA Professor Clive Prestidge, and Denning's research supervisor, says the research has already captured the attention of potential investors.

"This is a significant discovery that provides new and exciting avenues for weight loss research which naturally attracts potential commercial partners," Prof Prestidge says.

"With a finding like this, people will naturally be keen to find out when they can try it. Given that the material is generally considered safe and is widely used in food and nutraceutical products, it is feasible that human clinical trials could start reasonably soon."

More to come on this interesting research.



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Part 2. "R U Ok? I mean, are you REALLY Ok?"

still not considered by many to be an actual, medical illness.

Let me share with you some of the things people coping with crippling depression and anxiety hear on a daily basis:

"You always make everything about you"

"Can you just get over yourself?"

"Seriously, you need to just snap out of it"

"You're just being stupid/ridiculous/dumb/crazy/irrational"

"How can I help you if you don't make an effort to help yourself?"

"How can you be depressed/anxious? You have a great life!"

And my personal favourite - *"You're just trying to get attention"*

Sound familiar?

challenge perceptions and stigma surrounding mental illness.



Here are some upcoming dates of events to mark in your calendar:

World Mental Health Day
10 October 2018

Mental Illness Awareness Week
October 7-13 October 2018

National Borderline Personality
Disorder Awareness
Week - 1-7 October 2018

World Mental Health Day
10 October 2018

Mental Health Week
8-15 October 2018

More can be found at:
mentalhealthcommission.gov.au

"There is all this talk of "raising awareness" of the issues associated with mental illness, yet the elephant remains in the room. It still is not considered by many to be an actual, medical illness".

I sometimes shake my head at the irony of campaigns telling people to "seek help", "lean on your support network", and "don't suffer in silence".

Despite these wonderful events and slogans, run by highly trained mental health professionals they are missing the mark. The truth is that when a person is in their deepest darkest pit of despair, the VERY last thing they are going to do is seek out help.

We want to hide. We want to disappear. We want to marinate in our self-loathing and self-pity and I feel very sorry for anybody who tries to get in the way.

There is all this talk about "raising awareness" of the issues associated with mental illness, yet the elephant remains in the room. It is

Without being disrespectful, I ask, would you say these things to a person with diabetes or asthma?

So it does seem that there is a growing awareness of just how many people in the community struggle with mental illness, and particularly depression and anxiety. But understanding what that *actually* means and how to help, and offer support are totally different things.

The message of these campaigns is clear, but with so many of them through-out the year, I think we have become desensitised and complacent.

The theme this year for World Mental Health Day (10 October), is among the best I have seen to date. It is simply entitled "Do You See What I See?". And is illustrated with the image below that aims to

Please mark these dates on your calendar. For the sake of your loved ones, don't become complacent or desensitised to these very important events.

And, before asking the questions, before offering "advice", please understand that we don't **want** to be like this. We didn't choose these illnesses anymore than we chose to be the gender that we are. More on that next week...

Tanya Love is mum to 5 amazing young people, and is living with Bipolar 2, Complex PTSD & GAD. A psychology student, award winning photographer, designer, copywriter, & social media guru, her passion is to visually share the importance of connection, vulnerability and love.

tanyalove.com.au



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PERSONAL RELATIONSHIPS WITH COUNSELLORS

Hi Leonie,

I have a question for you about counselling and the patient/counsellor relationship.

I saw a counsellor in Toowoomba when my marriage broke up and because she was so good, I saw her again when my sister died of breast cancer because I just couldn't deal with it.

I really liked this woman and after getting me through two of the hardest crisis of my life, felt very close to her. By this time I had known her for years. My son saw her for some of his issues and I know she did some work at his school. I emailed her and invited her to a get together at my place raising funds for cancer. She replied that she could not engage in social activities with clients because it was unethical.

Although she was very polite in her declining, I must say I felt hurt and bewildered why such a good relationship can't continue when I don't need help. Judging by your sensitive and wise counsel, you must care a great deal about your clients, what is your position on this?

Cinthia/Redcliffe

Hi Cinthia,

I would definitely not take this personally. I see many clients and I care very much about their issues and their lives. However, it is neither healthy nor practical to take these relationships outside the counselling room.

When helping clients, lots of personal information is downloaded over time and there is normally a very strong bond that is formed. The counsellor/client relationship may be a very close type of relationship, but due to the very nature of counselling, cannot be described as a friendship.

Counselling can seem to be a mirror experience because the client talks far more than the counsellor and this is vital in order to make the client and their problems a priority and the focus of the session.

Any self-disclosure on behalf of the counsellor needs to be appropriate, timely and have some value or relevance to the client. Counsellors work under strict confidentiality guidelines and therefore are a trusted confidante.

Conversely, a friendship is a two-way relationship with each party sharing of themselves and their lives freely as they choose. Counsellors do not share as much about themselves as clients do and so the relationship can never be equal or meet the criteria of friendship.

I will never be a friend with my clients because that would create a "dual relationship" that could be construed as unethical and, in my view, certainly bad practice. Many governing bodies suggest that there must be at least a two-year interim from counselling before forming any relationships outside therapy with a client.

Whilst many people find the counselling experience a friendly one depending on the type of counsellor, their therapeutic approach and their individual personalities, typically there is no shared experience outside of the counselling room. Some therapists deliberately try to depersonalise themselves to prevent what is called "Transference". This is where professional boundaries are crossed and the relationship blurred. Some psychoanalysts think that they should be like a clean slate and reveal nothing of themselves so that the client can "project" their feelings and ideas freely.

The counselling experience should be one where no judgement is in play, problems are unpacked and solutions are explored. For this to be the most effective, the counsellor should not be a stakeholder in the life of the client. Imagine what would happen if a counsellor's lifelong friend came to him/her and disclosed that they had been hit by their partner and wanted to explore whether or not to give the relationship a second chance.

My bet is that as soon as the words "He or she belted me" were said, it would be bags packed, police called and a taxi to a domestic violence shelter ordered. You see what I am getting at here? If the counsellor has a personal relationship with the client, they are unable to be objective and offer any support that is not a conflict of interest.

Til next week, Leonie

E-mail: leonieschilling@bigpond.com
Leonie Schilling is a qualified private practitioner at

North Lakes Counselling Services

For appointments please phone 3886 2715 or 0423 653 841
www.northlakescounsellingservices.com.au

Catch Leonie's radio show alternate Mondays at 11.00am on 99.7 Bridge FM



ABOUT LEONIE

Leonie Schilling is a qualified counsellor, Trainer and Assessor, published Author, Columnist, Radio Commentator and Justice of the Peace. Established in 2007, North Lakes Counselling Services has a long history of helping couples and individuals manage their relationships and attain their personal goals.



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MONDAY 1ST OCTOBER 2018

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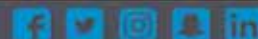
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NORTH LAKES LOCAL CONTRIBUTES TO \$30 MILLION MILESTONE

North Lakes' Kurtis Thomson recognised for contributing to raising \$30 million for Redkite – the national cancer charity that supported him when he was diagnosed with cancer as a child

The bread and pastry maker at Coles North Lakes has been chosen to feature in a free ebook, launched today, alongside some of the incredible people behind the charity, which for more than 30 years has provided essential support to thousands of young Australians with cancer.

The 30 Faces of Redkite ebook coincides with the \$30 million milestone of financial support over the past five years from Redkite's major corporate supporter, Coles, to provide more essential services to more families.

Redkite CEO Monique Keighery said the organisation relied on many people to enable it to deliver services such as financial assistance, counselling and educational support to the thousands of young Australians and their families facing the devastation of a cancer diagnosis.

"The 30 Faces of Redkite shows Australians a snapshot of the people behind our organisation – from the Redkite professionals who directly support families to the many incredible Coles team members who have passionately championed our cause, and of course, the families who benefit from our services and are at the heart of what we do day after day," Ms Keighery said.



"During the past five years the Coles team have rallied and inspired the support of their generous local communities. As a result more children and young people with cancer and their families have been supported than ever before.

"It is people like Kurtis who enable us to be on the frontline, providing essential services to support emotional wellbeing, financial stability and keep families afloat during a time of great distress."

In his role with Coles, Kurtis is dedicated to giving back to Redkite – an organisation which helped him through his toughest times. He is a dedicated fundraiser for Redkite and appreciates the initiatives undertaken by Coles.

During Easter, Kurtis made hot cross buns which Coles then donated 20 cents from the sale of every pack to support young people with cancer and their families.

"I think it's amazing that Coles has raised \$30 million for Redkite and I'm very proud to be a part of this partnership," said Kurtis.

The \$30 million funding raised by Coles – a third of which was raised by grassroots fundraising initiatives by individual stores and customer generosity with the remainder coming from a percentage of sales of products such as Coles bread – has enabled Redkite to support young people and families more than 145,000 times over the past five years.

At a local level over just the last year, Coles' support has meant Redkite has been able to support nine families. This support has included helping eight local families with the payment of 38 household bills, providing counselling to one family and helping two families with education grants or scholarships.

With 1,750 children and young people being diagnosed with cancer each year, the need for continued support and fundraising for Redkite is vital, to ensure they can continue to provide much needed essential support.

To read the free 30 Faces of Redkite ebook or support Redkite, go to www.redkite30faces.org.au

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RIVERFIRE 2018

Australia's longest fireworks spectacular set to close Brisbane Festival 2018

As Brisbane Festival 2018, the 22-day celebration of the arts comes to a close, locals will line various points around Brisbane River on 29 September with the highly anticipated and much-loved festival favourite, Sunsuper Riverfire.

Sunsuper Riverfire fireworks centred on the Brisbane River around South Bank, the CBD and surrounding areas will ensure the Festival finishes with a bang on Saturday 29 September 2018.

The best vantage points for Riverfire are Victoria Bridge, South Bank, Kangaroo Point Cliffs, Captain Burke Park, City Riverwalk, including Riverside Centre and Eagle Street Pier. Wilson Outlook Reserve will be partially closed due to construction.

Many of these sites offer food and beverages for sale. For people who have limited mobility, access is available at South Bank, Eagle Street Pier, Riverside Centre and Captain Burke Park.

The soundtrack for this year's Riverfire celebrates Sci-Fi and superheroes and once again spectators will be blown away (not literally) by the aerobatics and flypasts of the ADF.

Once again the Australian Defence Force (ADF) will be thrilling the crowd with flypasts, aerobatic displays and entertainment in the lead up to the evening fireworks display. Times are:

2:45pm: C 17A Globemaster flypast



4:15pm: Roulettes Aerobatic Display

5:30pm: EA-18G Growler flypast

7:04pm: EA-18G Growler flypast

7:05pm: Fireworks display commences

South Bank is an alcohol-free space for Sunsuper Riverfire. Please do not bring pets, bikes and scooters, drink bottles with broken seals (including bottles of water or soft drink), glass, knives or alcohol to South Bank. These items will be confiscated by South Bank security staff.

Brisbane Festival recommends using public transport or catching an Uber. Delays are anticipated to CityCat services due to demand

particularly throughout the afternoon and evening. Citycat and Cityferry services cease operation between 6.45pm and 7.45pm.

For more information visit translink.com.au, call TransLink on 13 12 30, visit brisbanefestival.com.au, or download the Uber app (new users can use code BRISFEST18 to receive up to \$20 off their first ride).

There will be various road, bridge and river closures throughout the surrounding areas for the event.

For Brisbane Festival program details, visit www.brisbanefestival.com.au



Save North Lakes Golf Course Inc.

Fundraising Gala Dinner

Saturday, 6pm, October 13, 2018
North Lakes Hotel, Moreton Bay Room
Attire: Lounge Suit



Order Tickets Online

<http://tix.yt/snlgc-gala>

TACTICAL TEAMS AT SUNSET RUN

The Sandgate event is putting the "fun" into "fun run", while raising money for charity and encouraging active and healthy lifestyles

The Sandgate Sunset Run will see the Sandgate Roundabout shut down to traffic, while teams run relay laps around the 250 metre course on Saturday 13th October, 2018.

Event Director Dean Gibson says it's an event for the community, by the community, and it's a night to showcase everything that Sandgate has to offer.

"The best thing about this event is its inclusivity," he says.

"We have events for all age groups and abilities – and being a 250-metre lap, no is ever coming last, or separated from the incredible atmosphere of the event."

Now in its fifth year, the Sandgate Sunset Run has five events to suit the whole family – the Northside Family Law Open Relay, the Full Moon Hotel Social Relay, the Lendlease Junior Relay, the Deadly Dash for Kids PLUS, for the first time ever, the brand new Hot Lap.

The Hot Lap sees participants race just one lap around the roundabout for a cash prize of \$200. The event is raising money for the Indigenous Marathon Foundation, and its programs in communities right around Australia, including the Deadly Runners group right here in Sandgate.



Costumes are always a big part of the event, and teams are already getting creative in their ideas for the 5th birthday celebrations.

The free entertainment this year features a new Kids' Disco with DJ Kaz, the Nexus Youth Dance Crew, roving entertainers, a live DJ and more.

World Food Markets will also be onsite offering a variety of international cuisine, rarely seen in Sandgate. The event has the support of a number of local businesses, including Northside Family Law, the Full Moon Hotel, Lendlease, local politicians Stirling Hinchliffe and Jared Cassidy and more.

Festivities kick off at 4pm, with the main relay finishing up at 8:30pm.

Start times on the day are:

Lendlease Junior Relay: 4:00pm

Full Moon Hotel Social Relay: 4:40pm

Hot Lap Heats: 5:30pm

Deadly Dash: 5:50pm

Hot Lap Finals: 6:00pm

Northside Family Law Open Relay: 6:30pm

For more information, visit

www.sandgatesunsetrun.com.au.

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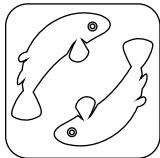
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YOUR STARS



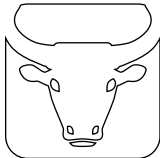
AQUARIUS. (Jan. 21 - Feb. 19): It will be hard to tell which side of history you're on today – the field posts have changed so often. In times like these it's best to push forward.



PISCES. (Feb. 20 - March 20): Surprise yourself by doing something entirely counterintuitive. You may be pleased with the results.



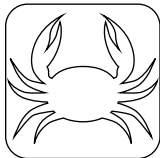
ARIES. (March 21 - April 20): Conventional wisdom will be of no help. You're going to have to rely on your intuition and your gut today.



TAURUS. (April 21 - May 21): You did everything by the book so why did you still come up short? Uranus in your sign favors mavericks not conformists.



GEMINI. (May 22 - June 21): Usually you're a big fan of startling revelations – except when they hit too close to home. See what you can do to cushion yours today.



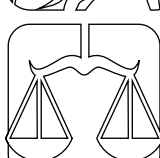
CANCER. (June 22 - July 23): You were contemplating a radical move but it looks like the other party will beat you to it. This means you're off the hook.



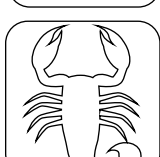
LEO. (July 24 - Aug. 23): A curve-ball gets thrown out of left field. Considering how crazed everything is nowadays, there's no harm in throwing it back.



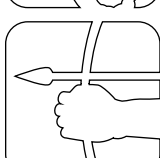
VIRGO. (Aug. 24 - Sept. 23): It's useless trying to make sense of rules that change every day. Wait for things to settle down. You'll have clearer sense of matters on Sept 28.



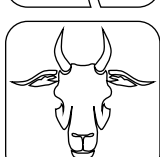
LIBRA. (Sept. 24 - Oct. 23): You surprise yourself with an unexpected outburst of anger. It should be perfectly obvious that you'll no longer countenance others telling you what to do.



SCORPIO. (Oct. 24 - Nov. 22): Is it cold feet or the dawning realization that you're on the verge of making a mistake? Call time out until Sept. 28 when you'll know what's what.



SAGITTARIUS. (Nov. 23 - Dec. 21): Everyone's so happy about the move you're about to make except you. It's OK. What's going on is so new and different that it will take some getting used to.



CAPRICORN. (Dec. 22 - Jan. 20): Do not use finances as a reliable compass – not when Uranus is sending the arrow spinning. Muddle your way through until the 28th when magnetic fields will be back on line.

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NINE

6.00 Ellen DeGeneres. (PG) **7.00** Weekend Today. **10.00** Today Extra: Saturday. (PG) **12.00** Destination Happiness. (PG) **12.30** Two And A Half Men. (PG) **1.00** Kevin Can Wait. (PG) **1.30** Who Do You Think You Are? (PG) **2.30** The Block. (PG) **3.30** The Block. (PG) **4.30** Garden Gurus. **5.00** News. **5.30** Getaway. (PG) **6.00** Nine News Saturday. **6.30** Riverfire. **7.30** Movie: Back To The Future. (PG) (1985) Michael J. Fox, Christopher Lloyd. **9.50** Movie: The Expendables. (MA15+) (2010) Sylvester Stallone, Jason Statham. **11.50** Movie: Lawless. (MA15+) (2012) Shia LaBeouf. **2.00** TV Shop. **4.30** Global Shop. **5.00** TV Shop. **5.30** Wesley Impact.

GO!

6.00 Children's Programs. **12.30** Surfing. World League. Rip Curl Pro Bells Beach. Highlights. **1.30** Children's Programs. **2.30** Turning Mecard. (PG) **3.00** Gumball. (PG) **3.30** Clarence. (PG) **4.00** Teen Titans Go! (PG) **4.30** Sunny Bunnies. **4.35** Chomp Squad. **4.40** WWE Slam City. (PG) **4.45** Uncle Grandpa. (PG) **5.15** Movie: Bee Movie. (G) (2007) **7.00** Movie: Kung Fu Panda. (PG) (2008) **9.00** Movie: Ride Along 2. (M) (2016) **11.00** Kevin Can Wait. (PG) **11.30** 2 Broke Girls. (M) **12.00** Adult Swim. (MA15+) **12.45** Moral Orel. (MA15+) **1.00** Total Divas. (M) **2.00** Step Dave. (M) **3.00** Thunderbirds. **4.00** Yu-Gi-Oh! (PG) **4.30** Beyblade Burst. **5.10** Yo-Kai. (PG) **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 NBC Today. **7.00** Weekend Sunrise. **9.00** AFL Game Day. **11.00** AFL Grand Final Pre-Game Show. **2.00** Football. AFL. Grand Final. West Coast v Collingwood. **6.00** News. **7.00** Cricket. Women's T20 Series. Australia v New Zealand. Game 1. **10.00** Movie: Hitman: Agent 47. (MA15+) (2015) Rupert Friend, Zachary Quinto, Hannah Ware. An assassin tries to stop a killer army. **12.05** Grey's Anatomy. (M) The doctors are forced to put their emotions aside, in the wake of a catastrophic event. **1.00** Grey's Anatomy. (M) The doctors continue to tackle a crisis. **2.00** Shopping. Shopping program. **4.00** Sons And Daughters. (PG) **4.30** Sons And Daughters. (PG) **5.00** House Of Wellness. (PG)

7TWO

6.00 Shopping. **8.00** Travel Oz. (PG) **9.30** NBC Today. News and current affairs. **11.30** Harry's Practice. Information about pet care. **12.00** Horse Racing. Epsom Day. **5.00** The Zoo. A team attempts to save the Corroboree frog. **5.30** Air Crash Investigation. (PG) A plane loses part of its fuselage. **7.30** Mighty Cruise Ships. (PG) The Royal Clipper is the largest sailing cruise ship in the world, with five masts soaring 58 metres high. **8.30** Escape To The Country. Prospective buyers find their dream homes in the country, to suit their budget and lifestyle. **11.30** Air Crash Investigation. (PG) **12.30** The Zoo. **1.30** House Of Wellness. (PG) **2.30** Canada Wild. **3.30** Harry's Practice. **4.30** Travel Oz. (PG)

TEN

6.00 Escape Fishing. **6.30** Reel Action. **7.00** RPM. **8.00** Tales By Light. (PG) **9.00** Sammy And Bella's Kitchen Rescue. **9.30** St10. (PG) **12.00** The Living Room. **1.00** The 48 Hour Destination. **1.30** 15-Min Meals. **2.00** Healthy Homes. **2.30** Travels With The Bondi Vet. (PG) **3.00** Pooches At Play. **3.30** Everyday Gourmet. **4.00** What's Up Down Under. **4.30** Foodie Adventures With Ash Pollard. **5.00** News. **6.00** Luxury Escapes. **6.30** David Attenborough's Africa. **7.30** Ambulance. (M) **8.45** Ambulance. (M) **10.00** Law & Order: S.V.U. (M) **11.00** Law & Order: S.V.U. (M) **11.45** To Be Advised. **12.45** Rugby Union. Rugby Championship. South Africa v Australia. **3.00** Shopping. **5.00** Hour Of Power.

ONE

6.00 Shopping. **8.00** Hogan's Heroes. **8.30** Sports Tonight: Finals Preview. **9.00** Australian Survivor. (PG) **10.00** Australian Survivor. **11.30** Fishing Edge. **12.00** Australia By Design: Landscapes. **12.30** Diagnosis Murder. (PG) **1.30** ST: Next Gen. (PG) **2.30** Star Trek: Voyager. **3.00** Epic Meal Empire. (PG) **4.00** Reel Action. **4.30** Operation Repo. (PG) **5.00** The Life Of Mammals. **6.00** Scorpion. (PG) **8.00** Hawaii Five-O. (M) **9.00** Movie: Maximum Conviction. (MA15+) (2012) Steven Seagal, Steve Austin. **11.05** Movie: A Good Man. (MA15+) (2014) **1.15** RPM. **2.15** Motorcycle Racing. MotoGP. Race 14. Aragon Grand Prix. Replay. **3.45** Operation Repo. (PG) **4.45** The Doctors. (M) **5.40** Whacked Out Sports. (PG)

ABC

6.00 Rage. (PG) **10.00** Rage. (PG) **11.10** Grand Designs Australia. **12.00** ABC News At Noon. **12.30** Father Brown. (PG) **1.20** The Wanderers. **1.35** Our Zoo. (PG) **2.30** Catalyst. Final. **3.30** Todd Sampson's Life On The Line. (PG) Final. **4.00** Landline. **4.30** Tony Robinson's Time Walks. (PG) **5.00** Antiques Roadshow. **6.00** Compass. (PG) **6.30** Back Roads. (PG) **7.00** ABC News. **7.30** Miniseries: Exile. (M) **8.30** Miniseries: Apple Tree Yard. (MA15+) **9.25** Rake. (M) **10.25** The Last Post. (M) Final. **11.25** Rage. (MA15+) **5.00** Rage. (PG)

ABC COM

6.00 Children's Programs. **5.55** Play School Celebrity Covers. **6.05** Octonauts. **6.15** Peter Rabbit. **6.30** Dot. **6.40** Rusty Rivets. **6.50** Andy's Prehistoric Adv. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Would I Lie To You? (PG) **8.30** Mock The Week. **9.00** Live At The Apollo. (M) **9.45** Chris Ramsey's Stand Up Central. (M) **10.10** Comedy Next Gen. (M) **11.05** Comedy Up Late. (M) **11.35** Tom Gleeson At Enmore Theatre. (MA15+) **12.35** Penn & Teller: Fool Us. (PG) **1.35** Live At The Apollo. (M) **2.25** Chris Ramsey's Stand Up Central. (M) **2.50** News Update. **2.55** Close. **5.00** The WotWots. Final. **5.10** Arthur. **5.35** This Is Scarlett And Isaiah. **5.40** Bottle Top Bill. **5.55** Playdate. Final.

SBS

6.00 WorldWatch. **7.30** Italian News. **8.10** Filipino News. **8.40** French News. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** Small Business Secrets. **2.30** Wild Brazil. **3.30** Gymnastics. FIG Artistic World Challenge Cup Series. Round 5. **5.30** Eating History: Italy. (PG) **6.30** News. **7.35** Cruising With Jane McDonald. **8.30** Railway Journeys UK. **9.00** Soccer. EPL. West Ham v Manchester United. **11.50** Movie: The Thieves. (MA15+) (2012) **2.20** Movie: Outrage Beyond. (MA15+) (2012) **4.20** Poh's Kitchen. **4.55** Destination Flavour Bitesize. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **12.00** Insight. **1.00** Adam Ruins Everything. (PG) **1.25** Adam Ruins Everything. (PG) **1.50** Adam Ruins Everything. (PG) **2.15** Adam Ruins Everything. (PG) **2.45** Adam Ruins Everything. (PG) **3.10** Adam Ruins Everything. (PG) **3.35** Adam Ruins Everything. (PG) **4.05** Adam Ruins Everything. (PG) **4.35** PBS News. **5.30** MythBusters. (PG) **6.30** MythBusters. (PG) **7.30** If You Are The One. (PG) **8.30** Movie: The Fifth Element. (PG) (1997) **10.55** Cycling. UCI Road World Championships. Women's Road Race. **1.30** Slutever. (MA15+) **2.00** Slutever. (MA15+) **2.25** France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.30pm Justice League (2017) Action. Ben Affleck. (M) **Premiere**
7.30pm Jumanji: Welcome To The Jungle (2017) Adventure. Dwayne Johnson. (PG) **Family**
8.30pm Transformers: The Last Knight (2017) Action. (M) **Premiere**

GENERAL

12.00pm Strike Back: Declassified. (MA15+) **Showcase**
6.30pm The X Factor UK. (PG) **FOX8**

7.55pm The Hype. (PG) **E!**

DOCUMENTARY

7.30pm Nightmare Next Door. (M) **TLC**
7.30pm Junkyard Empire. (PG) **Discovery Turbo**
9.30pm The Wind In The Willows Murder. (M) **Crime & Investigation**

SPORT

6.00am Boxing. World Super Series. Super Middleweight. Final. Groves v Smith. **Fox Sports 503**
9.00am Baseball. Major League. Boston Red Sox v New York Yankees. **ESPN**
11.55pm Rugby Union. Premiership Rugby. Round 5. Saracens FC v Bath Rugby. **Fox Sports 505**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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SCHOOL HOLIDAY ACTIVITIES IN MORETON BAY REGION

Date: September 22 to October 7

Location: Various across the region

Get your kids energised and motivated these school holidays with a range of exciting free and cheap activities across the region for kids of all ages.

From rock climbing and archery, to making your own 3D world or even learning how to roll sushi, Council is hosting an array of engaging and exciting events for children and teenagers as part of its Active Holidays program. Libraries, Galleries, Museums and Environment centres are also having events for children on the school holidays.

All activities are provided by qualified instructors in local parks and facilities across the region, providing new challenges for a fun-filled school holiday.

For bookings and more information visit: www.moretonbay.qld.gov.au/schoolholidayfun/

**22
SEP- 7
OCT**



TOOWOOMBA CARNIVAL OF FLOWERS

Date: 21 to 30 September 2018

Location: Toowoomba park and Gardens

Toowoomba Carnival of Flowers is a spring time celebration of unique events and experiences including internationally acclaimed musical acts, award winning parks, some of the best food and wine to be found in Southern Queensland and a multitude of cultural adventures, stars, celebs.

The Grand Central Floral Parade is to be held on Saturday September 22, 2018, the 69th annual parade will host over 70 floats.

The Heritage Bank Festival of Food & Wine will host over 50 food and wine stalls, beer and BBQ demonstrations, foodie experiences and cooking demonstrations.

Tickets and more information via: www.tcof.com.au

**21-30
SEPT**



BRISBANE FESTIVAL

Date: Saturday 8 - Saturday 29 September 2018

Location: Various locations throughout Brisbane

Each September, Brisbane explodes with a thrilling program of entertainment, both free and ticketed.

The Brisbane Festival aims to connect artists and audiences in ways that lift the spirit, disrupt the conventional and open our city to the world.

A major annual since 2009, but in that time it's been embraced by the city and admired by the world. This year's Brisbane Festival delivers a program brimming with big-name acts, more world premieres than ever, and a spectacular new light-and-laser show on the river that will see Brisbane illuminated for 22 days of celebration from 8 September.

The massive program boasts almost 600 performances – 100 of them free – of almost 70 shows across 17 venues. More than 1,000 artists are involved.

With a program full of theatre, dance, music, circus, comedy, cabaret and family entertainment, Brisbane Festival is one of Australia's major international arts festival and Queensland's largest cultural event.

Tickets and more information via: www.brisbanefestival.com.au

**8-29
SEPT**



WALKING TOUR OF CITY HALL AND ROMA STREET PARKLAND

Date: until 31 October 2018

Location: Museum of Brisbane, 64 Adelaide Street, Level 3, City Hall

During these free, daily guided tours you'll learn the history, architecture and garden design of these two iconic Brisbane destinations in a winter walking tour of Brisbane City Hall and Roma Street Parkland.

Built between 1920 and 1930, you'll be accompanied by a professional guide who will provide a unique insight into City Hall.

Roma Street Parkland offers designer gardens and sprawling lawns across 16 hectares of stunning parklands.

Bookings are essential and require one week's notice for groups of 10 or more via: www.museumofbrisbane.com.au

**UNTIL
OCT 31**

NINE

6.00 World's Greatest Cities. (PG) **7.00** Weekend Today. **10.00** Sports Sunday. (PG) **11.00** NRL Sunday Footy Show. (PG) **1.00** Rugby League. NRL Women's. Grand final. Broncos v Roosters. **3.30** Rugby League. State Championship. Grand final. Bulldogs v Dolphins. **6.00** Nine News. **6.30** NRL Grand Final Pre-Match Entertainment. **7.30** Rugby League. NRL. Grand final. Roosters v Storm. **9.30** NRL Grand Final Post-Match Presentation. **10.30** True Story. (PG) **11.00** Two And A Half Men. (M) **11.30** Conspiracy. (M) **12.30** Cold Case. (M) **1.30** Getaway. (PG) **2.00** TV Shop. **2.30** Global Shop. **3.00** TV Shop. **4.00** Cyndi Lauper: Still So Unusual. (PG) **4.30** Surfing Australia TV. **5.00** News. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Ninjago. (PG) **11.30** Nexo Knights. (PG) **12.00** Turning Mecard. (PG) **12.30** My Little Pony: Friendship Is Magic. **1.00** Beyblade Burst Evolution. **1.30** Uncle Grandpa. (PG) **2.00** Clarence. (PG) **2.30** Over The Garden Wall. (PG) **3.00** Gumball. (PG) **3.30** Power Rangers Super Ninja Steel. (PG) **4.00** American Ninja Warrior. (PG) **6.00** Two And A Half Men. (PG) **7.00** Big Bang. (PG) **8.30** Movie: The 5th Wave. (M) (2016) **10.45** Big Bang. (PG) **12.15** Adult Swim. (MA15+) **12.45** Frisky Dingo. (MA15+) **1.00** Moral Orel. (MA15+) **1.15** Harvey Birdman, Attorney At Law. (M) **1.30** Balls Of Steel. (MA15+) **3.30** Thunderbirds. **4.30** Beyblade Burst. **5.10** Yo-Kai. (PG) **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Better Homes. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** House Of Wellness. (PG) **1.00** To Be Advised. **2.00** The World's Oddest Animal Couples. (PG) **3.00** Jump Off. New. **4.00** Better Homes. **5.00** News. **5.30** The Great Day Out. **6.00** News. **7.00** Sunday Night. Hosted by Melissa Doyle. **8.00** The Story Of The Royals. (PG) Part 2 of 2. Explores pivotal moments in the history of the royal family. **10.00** Movie: Absolutely Fabulous: The Movie. (M) (2016) Jennifer Saunders, Joanna Lumley. **12.00** Black-ish. (PG) **12.30** Black-ish. (PG) **1.00** Black-ish. (PG) **1.30** Travel Oz. (PG) **2.00** Shopping. **3.30** Harry's Practice. **4.00** The Great Outdoors. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Amazing Facts. (PG) **7.00** Tomorrow's World. (PG) **7.30** Leading The Way. (PG) **8.00** David Jeremiah. (PG) **8.30** Sydney Weekender. **9.00** Shopping. **9.30** Harry's Practice. **10.00** House Of Wellness. (PG) **11.00** The Great Outdoors. **12.00** Free Range Cook. **1.30** Escape To The Country. **4.30** Intolerant Cooks. (PG) **5.00** Mighty Cruise Ships. (PG) **7.00** Border Security: Int. (PG) **8.00** Border Security. (PG) Customs zero in on a passenger arriving on a flight from Toronto, who astonishes the staff in the interview room. **1.00** Border Security: Int. (PG) **2.00** Free Range Cook. **4.00** Sydney Weekender. **4.30** The Great Australian Doorstep. (PG) **5.00** Vasilis Garden. **5.30** Qld Weekender.

TEN

6.00 Mass. **6.30** Hillsong. **7.00** Joseph Prince. **7.30** Joel Osteen. **8.00** The Living Room. **9.00** Foodie Adventures With Ash Pollard. **9.30** St10. (PG) **12.00** Luxury Escapes. **12.30** Cook's Pantry. **1.00** Everyday Gourmet. **1.30** GBCB. **2.00** Food Fight Club. **3.00** Australia By Design: Landscapes. **3.30** The 48 Hour Destination. **4.00** RPM. **5.00** News. **6.00** Bondi Rescue. (PG) **6.30** The Sunday Project. A look at the day's news. **7.30** The Graham Norton Show. Return. Guests include Lady Gaga. **8.30** Movie: The Notebook. (PG) (2004) Rachel McAdams, Ryan Gosling, James Garner. An old man reads a love story. **11.00** Sherlock Holmes: Elementary. (M) **12.00** The Sunday Project. **1.00** Shopping. **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Rugby Union. Rugby Championship. South Africa v Australia. Replay. From Nelson Mandela Bay Stadium, South Africa. **10.10** Whacked Out Sports. (PG) **10.30** Escape Fishing With ET. **11.00** Fishing Edge. **11.30** Reel Action. **12.00** Snap Happy. **12.30** Attenborough's The Life Of Mammals. **1.30** The Doctors. (PG) **2.30** Monster Jam. **3.30** Healthy Homes. **4.00** Bondi Rescue. (PG) **4.30** Pooches At Play. **5.00** What's Up Down Under. **5.30** iFish. **6.00** Scorpion. (PG) **7.00** Attenborough's The Life Of Mammals. (PG) **8.00** NCIS. (M) **12.00** Car Crash Global. (PG) **1.00** RPM. **2.00** Operation Repo. (PG) **2.30** Melbourne Down Under. **3.30** The Doctors. (M) **5.30** Whacked Out Sports. (PG)

ABC

6.00 Rage. (PG) **7.00** Weekend Breakfast. **9.00** Insiders. **10.00** Offenders. **11.00** Compass. (PG) **11.30** Songs Of Praise. **12.00** ABC News At Noon. **12.30** Landline. **1.30** Gardening Australia. **2.30** Building Australia. **3.00** Antiques Roadshow. **4.00** The Mix. **4.30** Everyone's A Critic. (PG) **5.00** To Be Advised. **5.30** Hard Quiz. (PG) **6.00** World's Busiest Cities. (PG) **7.00** ABC News Sunday. **7.40** Joanna Lumley's Silk Road Adventure. **8.30** Rake. (M) **9.30** Vera. (M) **11.00** Miniseries: Apple Tree Yard. (MA15+) **11.55** Indian Summers. (M) **12.40** Rage. (MA15+) **2.55** Building Australia. **3.25** Indian Summers. (M) **4.10** Doc Martin. (PG) **5.00** Insiders.

ABC COM

6.00 Children's Programs. **6.15** Peter Rabbit. **6.30** Dot. **6.40** Rusty Rivets. **6.50** Andy's Prehistoric Adv. Final. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Penn & Teller: Fool Us. (M) **8.40** Melbourne Comedy Festival Upfront: The Queens Of Comedy. (M) **10.40** Alan Davies: As Yet Untitled. (M) **11.25** Would I Lie To You? (PG) **12.00** Absolutely Fabulous. (PG) **12.30** The Catherine Tate Show. (M) **1.00** Blackadder The Third. (PG) **1.30** The IT Crowd. (M) **1.55** The Inbetweeners. (MA15+) **2.20** Dynamo: Magician Impossible. (M) **3.05** Troy. (M) **3.45** News Update. **3.50** Close. **5.00** Boj. **5.10** Arthur. **5.35** This Is Scarlett And Isaiah. **5.40** Bottle Top Bill. **5.55** The Day Henry Met.

SBS

6.00 WorldWatch. **7.00** Small Business Secrets. **7.30** WorldWatch. **9.30** Soccer. EPL. West Ham v Manchester United. Replay. **12.00** WorldWatch. **1.00** Speedweek. **3.00** The Bowls Show. **4.00** Cycling. UCI Road World Championships. Highlights. **5.00** Small Business Secrets. **5.30** True Evil: The Making Of A Nazi. New. **6.30** News. **7.30** Italy's Invisible Cities. (PG) **8.40** Diana: In Her Own Words. (PG) **10.50** Charlottesville: Documenting Hate. **11.50** My Brain Made Me Do It. (PG) **12.50** O.J. Simpson: Made In America. (M) **2.35** The Catch. (MA15+) **3.30** The Catch. (MA15+) **4.25** Poh's Kitchen. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **9.00** PopAsia TV. (PG) **10.00** WorldWatch. **12.00** Insight. **1.00** Front Up. (PG) **1.30** Vs Arashi. (PG) **2.25** The Business Of Life. (PG) **2.50** Gaycation Presents: Orlando. (PG) **3.40** The Mindy Project. (PG) **4.05** The Mindy Project. (PG) **4.35** MythBusters. (PG) **5.35** MythBusters. (PG) **6.30** Testing Teachers. **7.30** The Gadget Show. **8.00** The Gadget Show. **8.30** Movie: The Hunt For Red October. (1990) **11.05** Cycling. UCI Road World Championships. Men's Road Race. **1.30** Wild Ride. (M) **2.00** Shot By Kern. (MA15+) **2.30** France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

7.30pm The Smurfs (2011) Family. Hank Azaria. (G) *Family*
8.30pm Downsizing (2017) Comedy. Matt Damon, Christoph Waltz. (M) *Premiere*
8.30pm Crimson Tide (1995) Action. (M) *Action*

GENERAL

6.30pm The X Factor UK. (G) *FOX8*
8.30pm A Place To Call Home. (M) *Showcase*

9.30pm Jane Fonda: In Five Acts. (M) *Showcase*

DOCUMENTARY

5.30pm The Nightmare

Neighbour Next Door (M) *Crime & Investigation*

9.30pm This Old House. *Lifestyle*

9.30pm 24 Hours In Emergency. (M) *Lifestyle*

SPORT

8.30am Rugby Union. The Rugby Championship.

Round 5. Argentina v New Zealand. *Fox Sports 503*

3.00pm Rugby Union. National Rugby Championship.

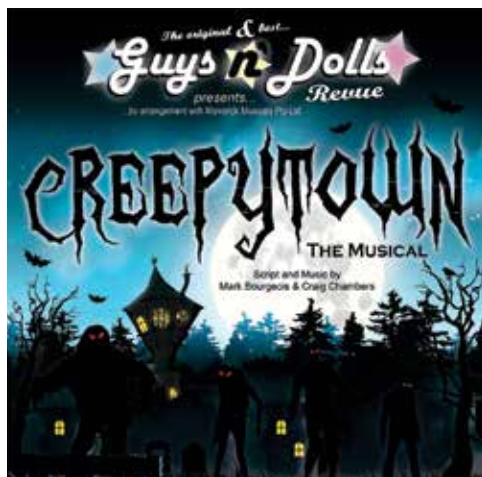
Round 5. Brisbane City v Qld Country. *Fox Sports 503*

9.00pm Motor Racing. Formula 1. Round 16. Russian Grand Prix. *Fox Sports 506*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.



Easily submit your event on our homepage www.northlakesmessenger.com.au Please direct questions about this free service to editor@northlakesmessenger.com.au



GUYS N' DOLLS REVUE - CREEPYTOWN THE MUSICAL

Date: Between Saturday 6 October and Saturday 10 November 2018

Location: Hamilton Town Hall

When a shy vegetarian vampire princess called Lucy meets an adventurous, outgoing human girl called Jane, she sees a chance to realise her dream of escaping her vampire world and her 'monstrous' controlling parents. Meeting at the dental clinic recently opened by Jane's square and well-meaning parents, the two girls make plans to escape Creepytown forever. But when her evil Stepfather and his Hunchback discover their plan, Jane and Lucy must act quickly to thwart the uncompromising villains and ensure their escape. Will the girls find their route to freedom and adventure or will events ultimately unravel their plans? With a chorus of vampires, werewolves, zombies and witches, Creepytown is a fun and action packed show which is sure to bring the house down!

Tickets via www.guysndolls.net.au and will be available at the door.

6 OCT-10 NOV



FESTITALIA

Date: Sunday October 14

Location: Spencer Park at Newmarket

This year's famed celebration of all thing Italian includes the internationally acclaimed Gruppo Storico Fivizzano Flagthrowers direct from Italy, the Brisbane Tarantella Dancers, swordsmen Prima Spada, historical re-enactment specialists Pax Romana, Italian tenor Raffaele Pierno, Italian-Australian songstress Cosima de Vito and Diletta Luna from Brisbane, famed pizza acrobat Youssef Ben-Touati and over 30 flavour-makers. The event is a celebration of local and national Italian artists, entertainers, dancers, singers and performers and will be hosted by James Liotta, the award-winning stage, screen and television performer.

Festitalia, Queensland's only official Italian Festival will again be held at Spencer Park at Newmarket.

Tickets and more information via: www.festitalia.com.au

14 OCT

NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: The Cobbler. (PG) (2014) Adam Sandler, Dustin Hoffman, Melonie Diaz. A cobbler stumbles across a magical heirloom. **3.00** News. **4.00** Afternoon News. **5.00** Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** The Block. (PG) **9.00** Doctor Doctor. (M) **10.00** Dr Christian Jessen Will See You Now. (M) **11.00** Two And A Half Men. (PG) **11.30** Two And A Half Men. (PG) **12.00** Patriot Games. (PG) **1.00** Extra. **1.30** TV Shop: Home Shopping. **2.30** Global Shop. **3.00** TV Shop: Home Shopping. **4.00** The Ellen DeGeneres Show. (PG) **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Top Gear. (PG) **12.30** Deals, Wheels And Steals. (PG) **1.00** Airplane Repo. (PG) **2.00** Dance Moms. (PG) **3.00** Pokémon The Series: Sun & Moon. **3.30** Ninjago. (PG) **4.00** Kids' WB. (PG) **4.05** We Bare Bears. (PG) **4.30** Teen Titans Go! (PG) **5.00** Adv Time. (PG) **5.30** Regular Show. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **9.00** Movie: World War Z. (M) (2013) **11.05** Big Bang. (PG) **12.00** 2 Broke Girls. (M) **12.30** Friends. (PG) **1.30** Squidbilies. (MA15+) **2.00** Adv Time. (PG) **2.30** Regular Show. (PG) **3.00** Turning Mecard. (PG) **3.30** Beyblade Burst Evolution. **4.00** We Bare Bears. (PG) **4.30** Yu-Gi-Oh! (PG) **4.50** Yu-Kai. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **10.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Flirting With Forty. (PG) (2008) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) **7.30** Highway Patrol. (PG) Officers are patrolling the streets of south-east Melbourne when a driver does a burnout right in front of them. **8.00** Motorbike Cops. (PG) Final. **8.30** Jimmy Barnes: Working Class Boy. (M) Takes a candid look at the life of Jimmy Barnes, providing an insight into how he became an Aussie icon. **10.45** Billy Connolly & Me: A Celebration. (M) **12.00** Blood & Oil. (M) **1.00** Harry's Practice. **1.30** Travel Oz. (PG) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** ZooMoo. **7.30** Get Clever. **8.00** Toybox. **8.30** Million Dollar Minute. **9.30** The Great Outdoors. **11.30** Vasil's Garden. **12.00** Mighty Cruise Ships. **1.00** The Great Outdoors. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** House Calls To The Rescue. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. **7.30** Doc Martin. (PG) Martin's wedding day finally arrives. **8.30** Foyle's War. (M) Foyle takes in his troubled goddaughter. **10.30** The Last Detective. (M) **12.00** Escape To The Country. **1.00** House Calls To The Rescue. **2.00** Foyle's War. (M) **4.00** Million Dollar Minute. **5.00** Harry's Practice. **5.30** Animal Rescue.

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Pointless. (PG) **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** Australian Survivor. **2.30** Ent. Tonight. **3.00** Judge Judy. (PG) **3.30** Alive And Cooking. **4.00** Everyday Gourmet. **4.30** Bold. (PG) **5.00** News. **6.00** Pointless. (PG) **6.30** The Project. **7.30** Australian Survivor. **8.30** Have You Been Paying Attention? (M) Five celebrities compete to see who can remember the most about events of the week. **9.30** Street Smart. (PG) Final. Tia goes undercover in the gang. **10.00** When Corden Met Paul McCartney. (PG) **11.00** Man With A Plan. (PG) **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Whacked Out Sports. (PG) **8.30** RPM. **9.30** iFish. **10.00** Scorpion. (PG) **12.00** Hogan's Heroes. **12.30** Star Trek. (PG) **2.30** MacGyver. (PG) **3.30** Diagnosis Murder. (PG) **4.30** Star Trek: The Next Generation. (PG) **5.30** Star Trek: Voyager. **6.30** Bondi Rescue. (PG) **7.30** Walker, Texas Ranger. (M) **8.30** NCIS. (M) **10.30** Motor Racing. Formula 1. Race 16. Russian Grand Prix. Highlights. From Sochi Autodrom, Russia. **11.30** CSI: Miami. (M) **12.30** Home Shopping. **2.00** Star Trek: Voyager. **3.00** Walker, Texas Ranger. (M) **4.00** Diagnosis Murder. (PG) **5.00** The Doctors. (M)

ABC

6.00 News Breakfast. **9.00** ABC News Mornings. **10.00** Joanna Lumley's Silk Road Adventure. **11.00** Gardening Australia. **11.30** Julia Zemiro's Home Delivery. **12.00** ABC News At Noon. **1.00** Landline. **1.55** Pulse. (M) **2.55** Murder, She Wrote. (PG) **3.40** Silvia's Italian Table. (PG) **4.10** Doc Martin. (PG) **5.00** ABC News At Five. **5.10** The Drum. **6.00** Grand Designs. **7.00** ABC News. **7.30** 7.30. **8.00** Australian Story. **8.30** Four Corners. **9.15** Media Watch. (PG) **9.35** Q&A. **10.40** ABC Late News. **11.10** The Business. **11.25** Professor Green: Suicide And Me. (MA15+) **12.25** Changing Minds: The Inside Story. (M) **1.25** Rage. (MA15+) **4.40** The New Inventors. **5.10** Doc Martin. (PG)

ABC COM

6.00 Children's Programs. **6.30** Dot. **6.40** Rusty Rivets. **6.50** Andy's Wild Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Adam Hills: The Last Leg. (M) **8.40** Josh. (PG) **9.10** Schitt's Creek. (M) **9.35** Alan Davies: As Yet Untitled. (M) **10.20** Peep Show. (M) **10.45** Workaholics. (M) **11.10** Archer. (M) Return. **11.30** 30 Rock. (M) **11.50** Parks And Recreation. (PG) **12.15** Schitt's Creek. (PG) **12.40** Peep Show. (M) **1.05** Workaholics. (MA15+) **1.30** Archer. (M) **1.55** 30 Rock. (M) **2.15** Parks And Recreation. (PG) **2.40** The Office. (PG) **3.10** Extras. (M) **3.40** News Update. **3.45** Close. **5.00** Boj. **5.10** Arthur. **5.35** This Is Scarlett And Isaiah. **5.40** Bottle Top Bill. **5.55** The Day Henry Met.

SBS

6.00 WorldWatch. **7.30** Italian News. **8.10** Filipino News. **8.40** French News. **9.00** Rugby League. Koori Knockout. **2.30** Rugby League. Koori Knockout. Men's and women's grand final. **5.30** Letters And Numbers. **6.00** Chefs' Line. **6.30** News. **7.30** Britain's Most Historic Towns. New. **8.30** Hugh's Fat Fight. **9.40** 24 Hours In Emergency. (M) **10.35** SBS News. **11.05** The World Game. **11.35** Modus. (M) **12.25** Modus. (MA15+) Final. **1.20** Gangland Undercover. (M) **2.10** Gangland Undercover. (MA15+) **2.55** Gangland Undercover. (MA15+) **3.40** Gangland Undercover. (M) **4.30** Poh's Kitchen. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **12.00** Rex In Rome. (PG) **12.55** Rex In Rome. (PG) **1.50** Cyberwar. (PG) **2.15** Cyberwar. (PG) **2.45** VICE. (PG) **3.20** PopAsia TV. (PG) **4.20** Vs Arashi. (PG) **5.15** Woman With Gloria Steinem. (PG) **5.40** If You Are The One. **6.40** Seconds From Disaster. **7.35** The Feed. **8.05** Travel Man. Return. **8.35** South Park. Return. **9.00** The Orville. **9.55** First Time Call Girl. **10.50** Undressed Italy. (PG) Final. New. **11.20** Undressed Italy. (PG) **11.50** Undressed Italy. (PG) **12.20** Spotless. (MA15+) **1.25** Orphan Black. (M) **2.20** CGTN English News. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.30pm Jumanji: Welcome To The Jungle (2017) Adventure. (PG) *Premiere*
8.30pm Gridiron Gang (2006) Drama. (M) *Action*
9.10pm Paddington 2 (2017) Family. Ben Whishaw, Hugh Grant. (G) *Family*
GENERAL
1.30pm Fear The Walking Dead. (MA15+) *Showcase*
8.30pm Siren. (M) *FOX8*
9.30pm Mr Mercedes. (MA15+) *Showcase*
DOCUMENTARY
7.30pm The Pacific: In The Wake Of Captain Cook With Sam Neill. (PG) *History*
8.30pm Marcia Clark Investigates The First 48. (M) *Crime & Investigation*
9.30pm My Floating Home. *Lifestyle Home*
SPORT
6.00am Basketball. FIBA Women's World Cup. Final. *Fox Sports 505*
1.40pm Cricket. Women's T20 Series. Australia v New Zealand. Game 2. *Fox Cricket*
2.00pm Cricket. JLT One Day Cup. New South Wales v Queensland. *Fox Sports 503*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** The Block. (PG) **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** The Block. (PG) **8.40** True Story With Hamish & Andy. (PG) **9.10** True Story With Hamish & Andy. (PG) **9.40** Kath & Kim. (PG) **10.15** Kath & Kim. (PG) **10.50** Mom. (M) **11.20** Mom. (M) **11.45** The Closer. (M) **12.35** World's Most Expensive Food. (PG) **1.35** Extra. **2.00** TV Shop: Home Shopping. **2.30** Global Shop. **3.00** TV Shop: Home Shopping. **4.00** The Ellen DeGeneres Show. (PG) **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** Big Bang. (PG) **1.00** Airplane Repo. (PG) **2.00** Dance Moms. (PG) **3.00** Pokémon The Series: Sun & Moon. **3.30** Nexo Knights. (PG) **4.00** Kids' WB. (PG) **4.05** We Bare Bears. (PG) **4.30** Teen Titans Go! (PG) **5.00** Adv Time. (PG) **5.30** Regular Show. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **9.00** Movie: 300. (MA15+) (2006) **11.30** Big Bang. (PG) **12.00** 2 Broke Girls. (M) **12.30** Friends. (PG) **1.30** Squidbillies. (MA15+) **2.00** Adv Time. (PG) **2.30** Regular Show. (PG) **3.00** Turning Mecard. (PG) **3.30** Beyblade Burst Evolution. **4.00** We Bare Bears. (PG) **4.30** Yu-Gi-Oh! (PG) **4.50** Yo-Kai. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Crash Site: A Family In Danger. (PG) (2011) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) Tori and Robbo reach a final decision. **7.30** Queen Of The World. (PG) Part 1 of 2. **8.35** The Good Doctor. (M) Return. Shaun's proposed treatment for a homeless patient puts him and Jared in Andrews' crosshairs. **9.35** 800 Words. (PG) Final. Big Mac's space race plans divide the town. George is worried that Katie could lose her home. **10.35** Chicago Fire. (M) **11.35** Life Sentence. (M) **12.35** The Player. (M) **1.35** Harry's Practice. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** ZooMoo. **7.30** Larry The Wonder Pup. New. **8.00** Toybox. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** Mr Selfridge. (PG) **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** House Calls To The Rescue. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. **7.30** Mrs Brown's Boys. (M) **8.30** The Inspector Lynley Mysteries. (M) A deaf student is murdered. **10.30** Air Crash Investigation. (PG) **11.30** Medical Emergency. (PG) **12.00** Escape To The Country. **1.00** House Calls To The Rescue. **2.00** The Inspector Lynley Mysteries. (M) **4.00** Million Dollar Minute. **5.00** Harry's Practice. **5.30** Animal Rescue.

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Pointless. (PG) **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** Australian Survivor. **2.00** Ent. Tonight. **2.30** Neighbours. (PG) **3.00** Judge Judy. (PG) **3.30** Alive And Cooking. **4.00** Everyday Gourmet. **4.30** Bold. (PG) **5.00** News. **6.00** Pointless. (PG) Hosted by Dr Andrew Rochford and Mark Humphries. **6.30** The Project. **7.30** Australian Survivor. Presented by Jonathan LaPaglia. **9.00** Bull. (M) The team takes on a seemingly un-winnable case when they try to save a mute man who faces the death penalty. **10.00** Bull. (M) Final. **11.00** NCIS: LA. (M) **12.00** The Project. **1.00** Stephen Colbert. (PG) **2.00** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** MacGyver. (PG) **9.00** Cheers. (PG) **10.00** Scorpion. (PG) **11.00** Bondi Rescue. (PG) **12.00** Hogan's Heroes. **12.30** Star Trek. (PG) **2.30** MacGyver. (PG) **3.30** Diagnosis Murder. (PG) **4.30** Star Trek: The Next Generation. (PG) **5.30** Star Trek: Voyager. (PG) **6.30** Bondi Rescue. (PG) **7.30** Walker, Texas Ranger. (M) **8.30** CSI: Miami. (M) **10.30** CSI: NY. (MA15+) **11.30** 48 Hours. (M) **12.30** Home Shopping. **2.00** Star Trek: Voyager. (PG) **3.00** Walker, Texas Ranger. (M) **4.00** Cheers. (PG) **5.00** The Doctors. (M)

ABC

6.00 News Breakfast. **9.00** ABC News Mornings. **10.00** Grand Designs. **11.00** Gardening Australia. **11.30** Julia Zemiro's Home Delivery. (PG) **12.00** ABC News At Noon. **1.00** Four Corners. **1.45** Media Watch. (PG) **2.00** Pulse. (M) **2.55** Murder, She Wrote. (PG) **3.40** Making Child Prodigies. **4.10** Doc Martin. (PG) **5.00** ABC News At Five. **5.10** The Drum. **6.00** Grand Designs New Zealand. (PG) **7.00** ABC News. **7.30** 7.30. **8.00** Ask The Doctor. (PG) Return. **8.30** Exposed: The Case Of Keli Lane. (M) **9.30** Tick Tack. (M) **10.30** ABC Late News. **11.00** The Business. **11.15** Q&A. **12.20** Changing Minds: The Inside Story. (M) **1.20** Rage. (MA15+) **4.40** The New Inventors. **5.10** Doc Martin. (PG)

ABC COM

6.00 Children's Programs. **6.50** Andy's Wild Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. **8.00** Mock The Week. (M) **8.30** The IT Crowd. (PG) **9.00** Schitt's Creek. (M) **9.25** Back Seat Drivers Shorts. **9.30** The Inbetweeners. (M) **9.55** Peep Show. (M) **10.20** Workaholics. (MA15+) **10.45** Archer. (M) **11.05** 30 Rock. (M) **11.25** Parks And Recreation. (PG) **11.45** Schitt's Creek. (M) **12.10** Peep Show. (M) **12.40** Workaholics. (M) **1.00** Archer. (M) **1.20** 30 Rock. (M) **1.45** Parks And Recreation. (PG) **2.05** The Office. (M) **2.35** Extras. (M) **3.05** News Update. **3.10** Close. **5.00** Boj. **5.10** Arthur. **5.35** This Is Scarlett And Isaiah. **5.40** Bottle Top Bill. **5.55** The Day Henry Met.

SBS

6.00 WorldWatch. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** Heston's Feasts. (PG) **2.55** Kylie Kwong: My China. **3.25** Who Do You Think You Are? (PG) **4.25** Digging For Britain's Secrets. (PG) **5.30** Letters And Numbers. **6.00** Chefs' Line. **6.30** News. **7.30** Great Continental Railway Journeys. **8.30** Go Back To Where You Came From Live. (M) **9.30** Dateline. **10.00** Inside North Korea With Lisa Ling. (M) **10.30** SBS News. **11.00** The Son. (M) **11.50** Cardinal. (MA15+) **12.40** Movie: Bullhead. (MA15+) (2011) **3.00** Movie: Half Of A Yellow Sun. (M) (2013) **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **12.00** Rex In Rome. (PG) **12.55** Rex In Rome. (PG) **1.50** Balls Deep. (PG) **2.20** Balls Deep. (PG) **2.45** VICE. (PG) **3.20** Abandoned. (PG) **4.05** News. **4.35** PBS News. **5.35** If You Are The One. **6.35** Seconds From Disaster. **7.30** The Feed. **8.00** Adam Ruins Everything. (PG) **8.30** 8 Out Of 10 Cats Does Countdown. **9.30** Post Radical. (M) **10.25** Sex In The World's Cities. (MA15+) **11.25** World Of VICE. **11.55** Drunk History. (M) **12.20** Drunk History. (M) **12.45** News. **1.10** The Feed. **1.40** Orphan Black. (M) **2.30** RT News In English From Moscow. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.45pm Keeping Mum (2005) Comedy. Rowan Atkinson, Maggie Smith. (M) **Comedy** **8.30pm The Exception** (2016) Drama. Christopher Plummer, Lily James. (MA15+) **Premiere** **10.20pm Gifted** (2017) Drama. Chris Evans, McKenna Grace. (M) **Premiere** **GENERAL** **1.35pm The Real Housewives Of Orange County**. (M) **Arena** **7.58pm Insecure**. (MA15+) **Showcase** **8.30pm Alone**. (PG) **A&E**

DOCUMENTARY

7.30pm Portrait Artist Of The Year. (PG) **Foxtel Arts** **7.30pm The Stuarts: A Bloody Reign**. (PG) **History** **8.30pm Britain's Best Home Cook**. (PG) **Lifestyle Food** **SPORT** **4.00pm Gridiron**. NFL. Week 4. Denver Broncos v Kansas City Chiefs. **ESPN** **6.00pm Motorcycle Racing**. Australian Superbike Championship. Round 3. **Fox Sports 505** **9.00pm Motor Racing**. Blancpain Endurance Series. **Eurosport**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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LEONIE SCHILLING

NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Doctor Doctor. (PG) **2.00** The Block. (PG) **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** The Block. (PG) **8.40** Bite Club. (M) Final. **9.40** Inside Crime. (M) **10.55** Lethal Weapon. (M) **11.55** Rizzoli & Isles. (M) **12.45** Extra. **1.10** Destination Happiness. **1.35** Surfing Australia TV. **2.00** TV Shop: Home Shopping. **2.30** Global Shop. **3.00** TV Shop: Home Shopping. **4.00** The Ellen DeGeneres Show. (PG) **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** Big Bang. (PG) **1.00** Airplane Repo. (PG) **2.00** Dance Moms. (PG) **3.00** Pokémon The Series: Sun & Moon. **3.30** Nexa Knights. (PG) **4.00** Kids' WB. (PG) **4.05** We Bare Bears. (PG) **4.30** Teen Titans Go! (PG) **5.00** Adv Time. (PG) **5.30** Regular Show. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **9.00** Movie: A Walk Among The Tombstones. (MA15+) (2014) **11.30** Big Bang. (PG) **12.00** 2 Broke Girls. (M) **12.30** Friends. (PG) **1.30** Squidbilities. (MA15+) **2.00** Adv Time. **2.30** Regular Show. (PG) **3.00** Turning Mecard. (PG) **3.30** Beyblade Burst Evolution. **4.00** We Bare Bears. (PG) **4.30** Yu-Gi-Oh! (PG) **4.50** Yu-Kai. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Heaven Sent. (PG) (2016) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) **7.30** Queen Of The World. (PG) Part 2 of 2. **8.30** 9-1-1. (M) The first responders help an unusual domestic disturbance, a "death" at a psychic's and a horrific motorcycle crash. **9.30** Criminal Minds. (M) The BAU is called to Taos, New Mexico, when someone targets victims' temporal lobes. **10.30** Criminal Minds. (MA15+) The team questions a former FBI agent. **11.30** Deception. (M) **12.30** Quantico. (M) **1.30** Travel Oz. (PG) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** ZooMoo. **7.30** Larry The Wonder Pup. **8.00** Toybox. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** Lovejoy. (PG) **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** House Calls To The Rescue. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. **7.30** Rosemary & Thyme. (PG) **8.30** Judge John Deed. (M) A single mother pursues a case against a mobile phone company for causing her terminal brain tumour. **10.30** Cities Of The Underworld. (PG) **11.30** Medical Emergency. (PG) **12.00** Escape To The Country. **1.00** House Calls To The Rescue. **2.00** Shopping. **4.00** Million Dollar Minute. **5.00** Harry's Practice. **5.30** Animal Rescue.

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Pointless. (PG) **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** The Bachelor Aust. **2.00** Ent. Tonight. **2.30** Neighbours. (PG) **3.00** Judge Judy. (PG) **3.30** Alive And Cooking. **4.00** Everyday Gourmet. **4.30** Bold. (PG) **5.00** News. **6.00** Pointless. (PG) **6.30** The Project. **7.30** The Bachelor Aust. Hosted by Osher Günsberg. **8.30** Playing For Keeps. (M) The inquest into Jack's death begins to heat up, in front of the cameras and behind the scenes. **9.30** Movie: Killers. (M) (2010) Katherine Heigl, Ashton Kutcher. A couple discover their neighbours are killers. **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** MacGyver. (PG) **9.00** Cheers. (PG) **10.00** Scorpion. (PG) **11.00** Bondi Rescue. (PG) **12.00** Hogan's Heroes. **12.30** Star Trek. (PG) **2.30** MacGyver. (PG) **3.30** Diagnosis Murder. (PG) **4.30** Star Trek: The Next Generation. (PG) **5.30** Star Trek: Voyager. (PG) **6.30** Bondi Rescue. (PG) **7.30** Walker, Texas Ranger. (M) **8.30** NCIS: Los Angeles. (M) **11.30** CSI: NY. (MA15+) **12.30** Home Shopping. **2.00** Star Trek: The Next Generation. (PG) **3.00** Walker, Texas Ranger. (M) **4.00** Diagnosis Murder. (PG) **5.00** The Doctors. (M)

ABC

6.00 News. **9.00** News Mornings. **10.00** Grand Designs NZ. (PG) **11.00** Gardening Aust. **11.30** Julia Zemiro's Home Delivery. (PG) **12.00** News At Noon. **12.30** Press Club. **1.30** Aust Story. **2.00** Pulse. (M) Final. **2.55** Murder, She Wrote. (PG) **3.45** The Cook And The Chef. **4.10** Doc Martin. (PG) **5.00** News At Five. **5.10** Drum. **6.00** Grand Designs NZ. **7.00** News. **7.30** 7.30. **8.00** Hard Quiz. (PG) **8.30** Shaun Micallef's MAD AS HELL. **9.00** Back In Very Small Business. (M) **9.30** Black Comedy. (M) **10.00** Miniseries: Bucket. (MA15+) **10.25** Late News. **10.55** The Business. **11.15** Four Corners. **12.00** Media Watch. (PG) **12.20** Changing Minds: The Inside Story. (MA15+) **1.20** Miniseries: Bucket. (MA15+) **1.45** Late Programs.

ABC COM

6.00 Children's Programs. **6.50** Andy's Wild Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Absolutely Fabulous. (PG) **8.30** The Catherine Tate Show. (M) **9.00** Schitt's Creek. (PG) **9.25** The Moaning Of Life. (M) **10.10** Peep Show. (M) **10.35** Workaholics. (M) **11.00** Archer. (M) **11.20** 30 Rock. (PG) **11.40** Parks And Recreation. (PG) **12.05** Schitt's Creek. (M) **12.30** Peep Show. (M) **12.55** Workaholics. (MA15+) **1.20** Archer. (M) **1.40** 30 Rock. (M) **2.00** Parks And Recreation. (PG) **2.20** The Office. (M) **2.50** Extras. (M) **3.20** News Update. **3.25** Close. **5.00** Boj. **5.10** Arthur. **5.35** This Is Scarlett And Isaiah. **5.40** Bottle Top Bill. **5.55** The Day Henry Met.

SBS

6.00 WorldWatch. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** Heston's Feasts. **3.00** Dateline. **3.30** The House Of Hypochondriacs. (PG) **4.30** Digging For Britain's Secrets. (PG) **5.30** Letters And Numbers. **6.00** Chefs' Line. **6.30** News. **7.30** Railway Journeys UK. **8.00** Food Safari Water. (PG) **8.30** Go Back To Where You Came From Live. **9.35** Deep State. (M) **10.35** Bosch. (M) **11.30** SBS News. **12.00** Movie: Text For You. (M) (2016) **1.55** Miniseries: The Heavy Water War. (M) **3.35** SAS: Who Dares Wins. (M) **4.30** Poh's Kitchen. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **9.00** Croatian News. **9.30** Serbian News. **10.00** Dutch News. **10.30** African News. **11.00** NHK Japanese News. **11.35** Hindi News. **12.00** Rex In Rome. (PG) **12.55** Rex In Rome. (PG) **1.50** Hipsters. (PG) **2.20** Hipsters. (PG) **2.45** VICE. (PG) **3.20** Huang's World. (PG) **4.05** News. **4.35** PBS News. **5.35** If You Are The One. **6.35** Seconds From Disaster. **7.30** The Feed. **8.00** Hunt For The Trump Tapes. **8.30** Movie: 28 Days Later. (2002) **10.40** Movie: Land Of The Dead. (2005) **12.25** News. **12.50** The Feed. **1.20** Orphan Black. (M) **2.10** Wild Ride. (M) **2.40** France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.30pm The Disaster Artist (2017) Drama. (M) Masterpiece
8.30pm Megan Leavey (2017) Biographical. Kate Mara. (M) Premiere
10.10pm The Fault In Our Stars (2014) Romance. (M) Romance
GENERAL
8.30pm Mayans M.C. (MA15+) Showcase
9.30pm Floribama Shore. (MA15+) MTV
9.30pm Snowfall. (MA15+) Showcase
DOCUMENTARY
7.30pm The Ascent Of Civilization. (PG) History
8.30pm Hairy Bikers' Mediterranean Adventure. (PG) Lifestyle Food
9.30pm 60 Days In. (M) Crime & Investigation
SPORT
1.45pm Cricket. JLT One Day Cup. First quarterfinal. Fox Cricket
6.30pm Bathurst Legends. Fox Sports 506
6.30pm Ski Jumping. Summer Grand Prix. HS 140. Eurosport
10.00pm Cricket. One Day Series. Game 2. South Africa v Zimbabwe. Fox Cricket

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **9.00** Today Extra. (PG)
11.30 Morning News. **12.00** The
 Ellen DeGeneres Show. (PG) **1.00**
 Extra. **1.30** Kevin Can Wait. (PG)
2.00 The Block. (PG) **3.00** News
 Now. **4.00** Afternoon News. **5.00**
 Millionaire Hot Seat. **6.00** Nine
 News. **7.00** A Current Affair. **7.30**
 The Block. (PG) **8.30** Paramedics.
 (PG) New. **9.30** Chicago Med.
 (MA15+) Return. **10.30** True
 Medical. (M) **11.45** Major Crimes.
 (M) **12.35** Major Crimes. (M)
1.30 TV Shop: Home Shopping.
2.30 Global Shop. **3.00** TV Shop:
 Home Shopping. **4.00** The Ellen
 DeGeneres Show. (PG) **5.00** News
 Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00**
 Friends. (PG) **12.00** Big Bang. (PG)
1.00 Airplane Repo. (PG) **2.00**
 Dance Moms. (PG) **3.00** Children's
 Programs. **4.00** Kids' WB. (PG)
4.05 We Bare Bears. (PG) **4.30**
 Teen Titans Go! (PG) **5.00** Adv
 Time. (PG) **5.30** Regular Show.
 (PG) **6.00** Friends. (PG) **7.00** Big
 Bang. (PG) **7.30** The Middle.
 (PG) **8.30** Survivor: David Vs
 Goliath. (PG) **9.30** Movie: Species.
 (MA15+) (1995) **11.40** Big Bang.
 (PG) **12.05** WWE Raw. (MA15+)
1.05 Friends. (PG) **1.30** China,
 IL. (MA15+) **2.00** Adv Time.
 (PG) **2.30** Regular Show. (PG)
3.00 Turning Mecard. (PG) **3.30**
 Beyblade Burst Evolution. **4.00** We
 Bare Bears. (PG) **4.30** Yu-Gi-Oh!
 (PG) **4.50** Yu-Kai. (PG) **5.10** Regal
 Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning
 Show. (PG) **11.30** News. **12.00**
 Movie: The Brooke Ellison Story.
 (PG) (2004) **2.00** Daily Edition.
3.00 The Chase. **4.00** News.
5.00 The Chase Aust. **6.00** News.
7.00 Home And Away. (PG) After
 Chelsea's heroic actions, Colby
 realises he still has feelings for
 her. Brody tries to impress a food
 blogger. **8.30** Movie: Suicide
 Squad. (M) (2016) Will Smith,
 Margot Robbie, Jared Leto.
 A secret government agency
 recruits a group of incarcerated
 supervillains. **11.00** Ramsay's
 Hotel Hell. (M) Gordon visits the
 Roosevelt Inn. **12.00** Scrubs. (PG)
12.30 Scrubs. (PG) **1.00** Travel Oz.
 (PG) **1.30** Harry's Practice. **2.00**
 Shopping. **4.00** NBC Today. **5.00**
 News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's
 Practice. **7.00** ZooMoo. **7.30** Larry
 The Wonder Pup. **8.00** Toybox.
8.30 Million Dollar Minute. **9.30**
 NBC Today. **12.00** Property Ladder
 UK Revisited. (PG) **1.00** Cities
 Of The Underworld. (PG) **2.00**
 Million Dollar Minute. **3.00** Harry's
 Practice. **3.30** House Calls To
 The Rescue. **4.30** Animal Rescue.
5.00 Medical Emergency. (PG)
5.30 Escape To The Country. **6.30**
 Bargain Hunt. **7.30** Father Brown.
 (M) **8.30** Murdoch Mysteries. (M)
11.30 Medical Emergency. (PG)
12.00 Escape To The Country.
1.00 House Calls To The Rescue.
2.00 Bargain Hunt. **3.00** Property
 Ladder UK Revisited. (PG) **4.00**
 Million Dollar Minute. **4.30** Late
 Programs. **5.00** Harry's Practice.
5.30 Animal Rescue.

TEN

6.00 The Talk. (PG) **7.00** Ent.
 Tonight. **7.30** Bold. (PG) **8.00**
 Pointless. (PG) **8.30** Studio 10.
 (PG) **12.00** Dr Phil. (PG) **1.00** The
 Bachelor Aust. **2.00** Ent. Tonight.
2.30 Neighbours. (PG) **3.00**
 Judge Judy. (PG) **3.30** Alive And
 Cooking. **4.00** Everyday Gourmet.
4.30 Bold. (PG) **5.00** News. **6.00**
 Pointless. (PG) **6.30** The Project. A
 look at the day's news. **7.30** The
 Bachelor Aust. Final. Emotions and
 hearts are on the line as the quest
 for love becomes harder. **9.00**
 Gogglebox. TV fanatics open up
 their living rooms to reveal their
 reactions to popular and topical
 TV shows. **10.00** Blue Bloods. (M)
 Danny upsets a fellow detective.
11.00 The Project. **12.00** Stephen
 Colbert. (PG) **1.00** Shopping. **4.30**
 CBS Morning.

ONE

6.00 Home Shopping. **8.00**
 MacGyver. (PG) **9.00** Cheers.
 (PG) **10.00** Scorpion. (PG) **11.00**
 Bondi Rescue. (PG) **12.00** Hogan's
 Heroes. **12.30** Star Trek. (PG) **2.30**
 MacGyver. (PG) **3.30** Diagnosis
 Murder. (PG) **4.30** Star Trek: The
 Next Generation. (PG) **5.30** Star
 Trek: Voyager. **6.30** Bondi Rescue.
 (PG) **7.30** Walker, Texas Ranger.
 (M) **8.30** Car Crash Global. (M)
9.30 The Ultimate Fighter: Heavy
 Hitters. **10.30** NCIS: Los Angeles.
 (M) **12.30** Home Shopping. **2.00**
 Star Trek: The Next Generation.
 (PG) **3.00** Cheers. (PG) **4.00**
 Diagnosis Murder. (PG) **5.00** The
 Doctors. (PG)

ABC

6.00 News. **9.00** News Mornings.
10.00 Grand Designs NZ. **11.00**
 Gardening Aust. **11.30** Julia
 Zemiro's Home Delivery. (PG)
12.00 News At Noon. **1.00** Kids
 On Speed? (M) **2.00** Newton's
 Law. (M) **3.00** Murder, She Wrote.
 (PG) **3.45** The Cook And The
 Chef. **4.10** Doc Martin. (PG) **5.00**
 News At Five. **5.10** Drum. **6.00**
 Grand Designs NZ. **6.55** Sammy J.
7.00 News. **7.30** 7.30. **8.00** Grand
 Designs Aust. (PG) **8.50** Loch Ness.
 (M) Final. **9.40** QI. (M) **10.10** Late
 News. **10.40** The Business. **10.55**
 Exposed: The Case Of Keli Lane.
 (M) **11.55** Loch Ness. (M) Final.
12.45 QI. (M) **1.15** Rage. (MA15+)
1.55 Doctor Who. (PG) **2.40**
 Doctor Who. (PG) **3.30** Doctor
 Who. (PG) **4.15** Doctor Who. (PG)
5.10 Doc Martin. (PG)

ABC COM

6.00 Children's Programs. **6.30**
 Dot. **6.40** Rusty Rivets. **6.50**
 Andy's Wild Adventures. **7.05**
 Ben And Holly. **7.20** Shaun The
 Sheep. **7.30** Spicks And Specks.
 (PG) **8.00** Chandon Pictures. (M)
8.30 The Hollowmen. (M) **8.55**
 Sammy J. **9.00** Schitt's Creek. (PG)
9.30 Black Comedy. (M) **10.00**
 Back In Very Small Business. (M)
10.30 Peep Show. (M) Final. **10.55**
 Workaholics. (M) **11.15** Archer.
 (M) **11.40** 30 Rock. (M) **12.00**
 Parks And Recreation. (M) **12.20**
 Schitt's Creek. (PG) **12.45** Peep
 Show. (M) **1.10** Workaholics. (M)
1.35 Archer. (M) **1.55** 30 Rock.
 (PG) **2.15** Parks And Recreation.
 (PG) **2.40** The Office. (M) **3.10**
 Extras. (PG) **3.40** Close. **5.00** Boj.
5.10 Arthur. **5.40** Bottle Top Bill.
5.55 The Day Henry Met.

SBS

6.00 WorldWatch. **8.10** Filipino
 News. **8.40** French News. **9.30**
 Greek News. **10.30** German
 News. **11.00** Spanish News. **12.00**
 Arabic News F24. **12.30** Turkish
 News. **1.00** PBS News. **2.00**
 Living Black. **2.30** Wild Canada.
3.35 Bear Grylls: Britain's Biggest
 Adventures. (PG) **4.30** Digging For
 Britain's Secrets. (PG) **5.30** Letters
 And Numbers. **6.00** Chefs' Line.
6.30 News. **7.30** Tony Robinson's
 Hidden Britain By Drone. **8.30** Go
 Back To Where You Came From
 Live. **9.35** War And Peace. **10.25**
 Outlander. **11.30** SBS News. **12.00**
 The Missing. (M) **1.10** The Missing.
 (M) **2.20** Resistance. (MA15+)
3.25 Resistance. (M) **4.25** Poh's
 Kitchen. **5.00** CGTN English News.
5.15 NHK World English News.
5.30 Deutsche Welle.

SBS VLND

6.00 WorldWatch. **11.00** NHK
 Japanese News. **11.35** Hindi News.
12.00 Rex In Rome. (PG) **12.55**
 Rex In Rome. (PG) **1.50** Tattoo
 Age. (PG) **2.15** Needles And Pins.
 (PG) **2.45** VICE. (PG) **3.15** The
 Pizza Show. (PG) **3.40** Dead Set
 On Life. (PG) **4.10** News. **4.40** PBS
 News. **5.40** If You Are The One.
6.40 Seconds From Disaster. **7.35**
 The Feed. **8.05** Dateline. **8.35** Walt
 Disney. (PG) **10.40** Natural Wines
 With Clovis. New. **11.10** Natural
 Wines With Clovis. **11.35** Natural
 Wines With Clovis. **12.05** News.
12.30 The Feed. **1.00** Orphan
 Black. (M) **1.50** Orphan Black. (M)
2.40 Deutsche Welle. **3.00** Thai
 News. **3.30** Bangla News. **4.00**
 Punjabi News. **4.30** Sri Lankan
 Sinhalese News. **5.00** Korean
 News. **5.30** Indonesian News.



MOVIES

**6.15pm Only The
 Brave** (2017) Drama.
 Josh Brolin, Miles
 Teller. (M) *Premiere*
**8.30pm All The
 Money In The
 World** (2017) Drama.
 Michelle Williams,
 Christopher Plummer.
 (MA15+) *Premiere*
**8.30pm Black Snake
 Moan** (2006) Drama.
 Samuel L Jackson.
 (MA15+) *Masterpiece*

GENERAL

**1.35pm The Real
 Housewives Of
 Dallas.** (M) *Arena*
**8.30pm A Very
 English Scandal.** (M)
BBC First
**8.30pm American
 Horror Story:
 Apocalypse.**
 (MA15+) *Showcase*

DOCUMENTARY
**7.30pm Janis: Little
 Girl Blue.** (M) *Foxtel
 Arts*

**7.30pm Secrets Of
 The Morgue.** (M)
Crime & Investigation
**8.30pm The World's
 Most Extraordinary
 Homes.** (PG) *Lifestyle*

SPORT
**7.15am Motor
 Racing.** Supercars
 Championship.
 Round 13. Bathurst
 1000. Race 25. *Fox
 Sports 506*
10.00am Basketball.
 NBA Pre-Season.
ESPN2
1.45pm Cricket.
 JLT One Day Cup.
 Second quarterfinal.
Fox Cricket

0410

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.



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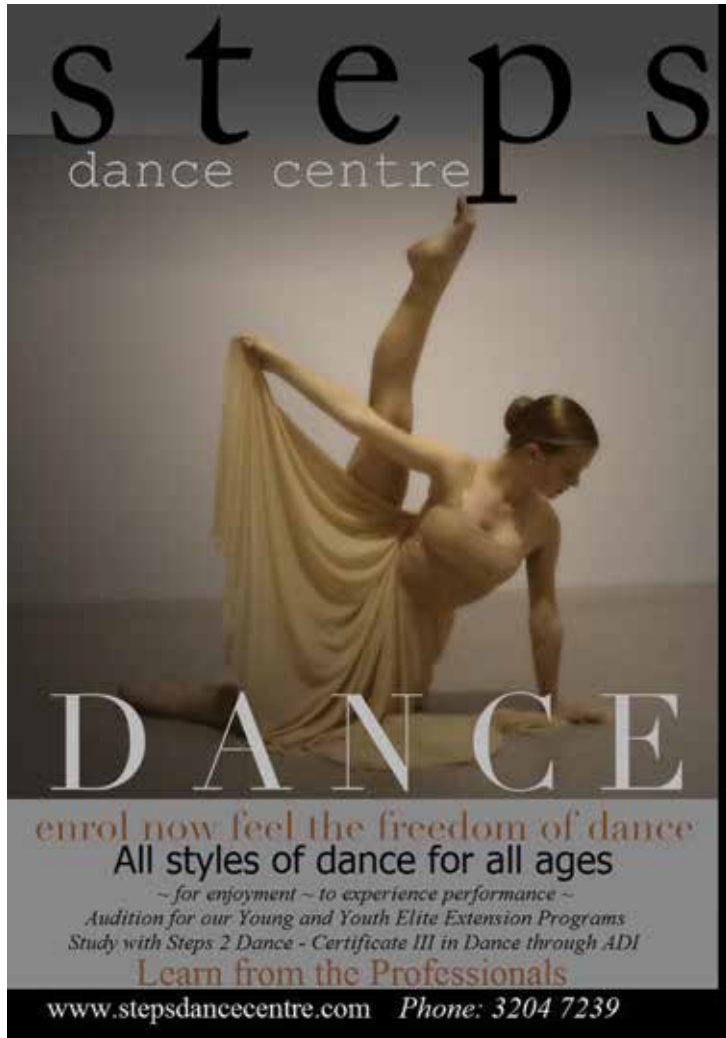
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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Extra. **1.30** Kevin Can Wait. (PG) **2.00** The Block. (PG) **3.00** News. **4.00** Afternoon News. **5.00** Hot Seat. **6.00** Nine News. **7.00** ACA. **7.30** Vet On The Hill. (PG) **8.35** Movie: Panic Room. (M) (2002) Jodie Foster, Kristen Stewart, Forest Whitaker, Jared Leto. A woman and her teenage daughter become imprisoned in the panic room of their house by three burglars. **10.50** Movie: Machine Gun Preacher. (MA15+) (2011) Gerard Butler, Michelle Monaghan, Michael Shannon. A former drug-dealing biker finds God. **1.30** TV Shop. **4.00** Global Shop. **4.30** Filthy Rich. (M) **5.30** Extra.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** The Middle. (PG) **1.00** Airplane Repo. (PG) **2.00** Dance Moms. (PG) **3.00** Children's Programs. **3.30** Nexa Knights. (PG) **4.00** Kids' WB. (PG) **4.05** We Bare Bears. (PG) **4.30** Teen Titans Go! (PG) **5.00** Adv Time. (PG) **5.30** Regular Show. (PG) **6.00** Movie: Spy Kids 4: All The Time In The World. (PG) (2011) **7.45** Movie: Around The World In 80 Days. (PG) (2004) **10.10** Movie: The Tuxedo. (M) (2002) **12.10** WWE Smackdown. (MA15+) **1.10** Total Divas. (M) **2.00** Adv Time. (PG) **2.30** Rick And Morty. (MA15+) **3.00** Turning Mecard. (PG) **3.30** Beyblade Burst Evolution. **4.00** We Bare Bears. (PG) **4.30** Yu-Gi-Oh! (PG) **4.50** Yo-Kai. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: In The Line Of Duty: Smoke Jumpers. (PG) (1996) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Better Homes. Joh chats with the host of the new reality TV music competition, All Together Now, Julia Zemiro. **8.30** Movie: Batman V Superman: Dawn Of Justice. (M) (2016) Ben Affleck, Henry Cavill, Amy Adams. In the aftermath of the battle against General Zod, Batman takes on Metropolis's controversial hero, Superman. **11.40** The Goldbergs. (PG) Beverly gets a teacher fired. **12.10** Movie: Point Last Seen. (M) (1998) Linda Hamilton. **2.00** Shopping. **4.00** The Great Outdoors. (PG) **5.00** NBC Today.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** ZooMoo. **7.30** Larry The Wonder Pup. **8.00** Toybox. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** House Of Wellness. (PG) **1.00** Better Homes. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** House Calls To The Rescue. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. **7.30** The World's Oddest Animal Couples. (PG) **8.30** Selling Houses Aust. **10.30** Peter Andre's 60 Minute Makeover. (PG) **11.30** Medical Emergency. (PG) **12.00** Escape To The Country. **1.00** House Calls To The Rescue. **2.00** Bargain Hunt. **3.00** Selling Houses Aust. **4.00** Million Dollar Minute. **5.00** Harry's Practice. **5.30** Late Programs.

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Pointless. (PG) **8.30** Studio 10. (PG) **12.00** Motor Racing. Supercars Championship. Round 13. Bathurst 1000. Qualifying. **5.00** News. **6.00** Pointless. (PG) **6.30** The Project. **7.30** The Living Room. Amanda Keller chats with Jamie Whincup. **8.30** The Graham Norton Show. Guests include Bradley Cooper, Lady Gaga, Jodie Whittaker, Ryan Gosling and Rod Stewart. **9.30** Have You Been Paying Attention? (M) Five celebrities compete to see who can remember the most about events of the week. **10.30** Street Smart. (PG) Tia goes undercover in the gang. **11.00** The Project. **12.00** Stephen Colbert. (PG) **1.00** Shopping.

ONE

6.00 Home Shopping. **8.00** Motor Racing. Formula 1. Race 16. Russian Grand Prix. Highlights. From Sochi Autodrom, Russia. **9.00** Cheers. (PG) **10.00** Scorpion. (PG) **11.00** Bondi Rescue. (PG) **12.00** Hogan's Heroes. **12.30** Star Trek. (PG) **2.30** MacGyver. (PG) **3.30** Diagnosis Murder. (PG) **4.30** Star Trek: The Next Generation. **5.30** Star Trek: Voyager. **6.30** Bondi Rescue. (PG) **7.30** Walker, Texas Ranger. (M) **10.30** UFC 229 Countdown. **11.30** NCIS: Los Angeles. (M) **12.30** Home Shopping. **2.00** Walker, Texas Ranger. (M) **5.00** The Doctors. (M)

ABC

6.00 News Breakfast. **9.00** ABC News Mornings. **10.00** Grand Designs New Zealand. **10.45** Gardening Australia. **11.15** Julia Zemiro's Home Delivery. (PG) **12.00** ABC News At Noon. **1.00** One Plus One. **1.30** Roger Swainston: Drawn To Water. (PG) **2.00** Newton's Law. (M) **2.55** Murder, She Wrote. (PG) **3.40** Teenage Boss. **4.10** Doc Martin. (PG) **5.00** ABC News At Five. **5.10** The Drum. **6.00** Grand Designs New Zealand. **7.00** ABC News. **7.30** Gardening Australia. **8.30** Father Brown. (PG) **9.15** Line Of Duty. (M) Return. **10.15** ABC Late News. **10.45** The Business. **11.05** Shaun Micallef's MAD AS HELL. **11.35** Planet America. **12.20** Rage. (MA15+) **5.00** Rage. (PG)

ABC COM

6.00 Children's Programs. **6.15** Peter Rabbit. **6.30** Dot. **6.40** Rusty Rivets. **6.50** Andy's Wild Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Hard Quiz. (PG) **8.30** Shaun Micallef's MAD AS HELL. **9.00** Schitt's Creek. (PG) **9.25** Blackadder The Third. (PG) **9.55** I'm Alan Partridge. (PG) **10.25** Workaholics. (M) **10.50** Archer. (M) **11.10** 30 Rock. (PG) **11.35** Parks And Recreation. (M) **11.55** Schitt's Creek. (PG) **12.20** Peep Show. (M) **12.45** Workaholics. (M) **1.10** Archer. (M) **1.30** 30 Rock. (M) **1.55** Parks And Recreation. (M) **2.15** The Office. (M) **2.45** Extras. (M) **3.15** News Update. **3.20** Close. **5.00** Boj. **5.10** Arthur. **5.40** Bottle Top Bill. **5.55** The Day Henry Met.

SBS

6.00 WorldWatch. **8.40** French News. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** The Point. **3.00** NITV News Week In Review. **3.30** Nordlandsbanen Train Journey. **4.30** Digging For Britain's Secrets. (PG) **5.30** Letters And Numbers. **6.00** Chefs' Line. **6.30** News. **7.35** Extreme Railway Journeys. (PG) **8.30** Movie: Up In The Air. (2009) George Clooney. **10.30** SBS News. **11.00** Movie: Dangerous Liaisons. (M) (2012) **1.05** Ouro: Amazon Gold. (MA15+) **2.00** Ouro: Amazon Gold. (MA15+) **3.00** Ouro: Amazon Gold. (M) **4.00** Poh's Kitchen. **4.30** Soccer. Women's International Friendly. France v Australia.

SBS VLND

6.00 WorldWatch. **12.00** Rex In Rome. (PG) **1.40** VICE World Of Sports. (PG) **2.05** VICE World Of Sports. (PG) **2.35** VICE. (PG) **3.10** The Pizza Show. (PG) **3.35** Dateline. **4.05** News. **4.35** WorldWatch. **5.35** If You Are The One. **6.35** Seconds From Disaster. **7.30** Speed With Guy Martin. **8.35** Adam Looking For Eve. Return. **9.30** Nude. (MA15+) **9.55** Nude. (MA15+) Final. **10.25** The Plastic Surgery Capital Of The World. (M) **11.25** The Girlfriend Experience. (MA15+) **11.55** The Girlfriend Experience. (MA15+) **12.30** The Girlfriend Experience. (MA15+) **1.00** The Girlfriend Experience. (MA15+) **1.30** The Girlfriend Experience. (MA15+) **2.00** News. **2.30** NHK World English News. **3.00** WorldWatch.



MOVIES

6.05pm LEGO DC Super Hero Girls: Super-Villain High (2018) Animated. (PG) **Family** **8.30pm** Borg Vs McEnroe (2017) Drama. (M) **Masterpiece** **10.20pm** Fifty Shades Darker (2016) Romance. (MA15+) **Romance**

GENERAL

1.00pm Jersey Shore Family Vacation. (M) **MTV** **7.30pm** Flight H513. (MA15+) **Showcase** **8.30pm** Trevor Moore: High In Church. Comedy Channel

DOCUMENTARY

7.30pm Coast Vs Country. Lifestyle Home **7.30pm** Murder Made Me Famous. (M) **Crime & Investigation** **9.30pm** Snakes In The City. (PG) **National Geo Wild** **SPORT** **7.30am** Motor Racing. Supercars. Round 13. Bathurst 1000. **Fox Sports 506** **11.45am** Motor Racing. Formula 1. Round 17. Japanese Grand Prix. **Fox Sports 505** **6.50pm** Cricket. Women's T20 Series. Australia v New Zealand. Game 3. **Fox Cricket**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

0510

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NORTH LAKES COMMUNITY WOMEN'S GROUP INC. NEWS

Today we were joined by Carol Bacon from Restore One. Restore One is a voluntary organisation that provides education for children and skill training for women in Cambodia. Carol visited us last year and her presentation today focused on the newly built village school, how the number of students had grown and future expansion. Her presentation was very interesting. She also brought items for sale which had been made by the women and girls of the village.

Tuesday 2nd October – General Meeting – Visitors welcome

Tuesday 9th October – Guest Speaker from the Kidney Foundation. Visitors welcome.

Tuesday 16th October – Guest Speaker – Diane Carter. Her presentation will be on Smoke and Mirrors. Visitors welcome.

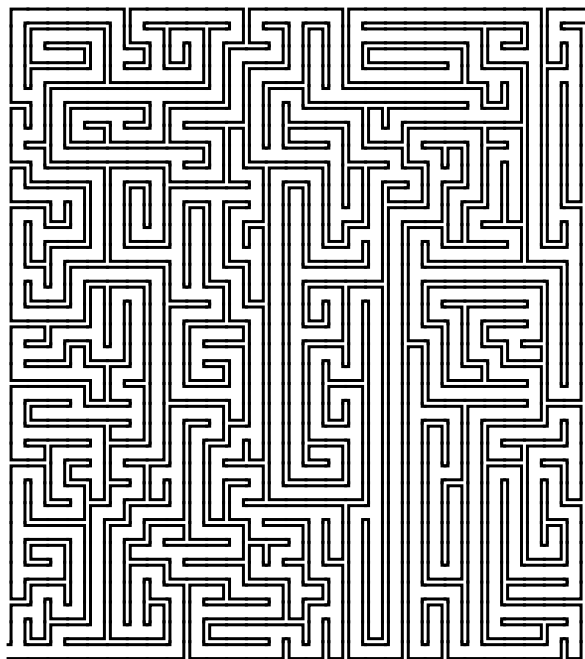
Tuesday 23rd October – Birthday Lunch – Waters Edge Scarborough. Members only.

Our meetings are open to all women in North Lakes/Mango Hill–Moreton Bay District. For more information please contact Trish 0447 071 221 or Sue 0418 785 944.

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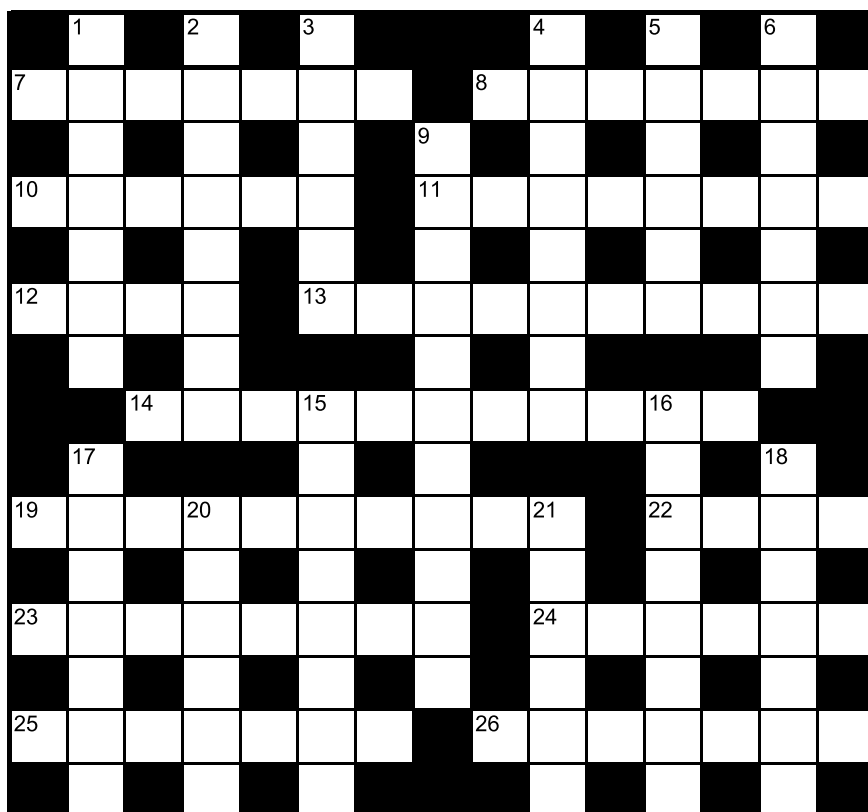
Crafted by the skilled hands of Laurie Stibbe

ACROSS

- 7 Refrain from voting
8 Country retreat
10 Small trumpet
11 Knapsack
12 Flat tableland with steep edges
13 Unnerving
14 Willing to seek out daring acts
19 Recipients of mail
22 Building block
23 Velocipedes
24 London's River
25 Acid for engraving
26 Liberty

DOWN

- 1 Belly
2 Basis for comparison
3 Tiny
4 Quilt or blanket
5 Soft floor covering
6 Railed platform
9 Habitual absence from work
15 Storing in a silo
16 Emitted long cries of sorrow
17 Those dependent on drugs
18 Airfoil on plane's wings
20 Basic unit in piece of music
21 Caustic remarks



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To post email: community@northlakesmessenger.com.au

- Maximum of 60 words per submission
- Please resubmit your item in full when making alterations
- Entries updated every Thursday
- Your submission will run ongoing until you notify us otherwise



CLEANCO TO MAKE POWER BILLS CHEAPER

Queensland's new renewable energy, publicly owned electricity generator

The state government has kicked off the establishment of CleanCo with Premier Annastacia Palaszczuk said the new Government owned corporation would help place further downward pressure on electricity prices, saving households approximately \$70 per annum.

"We have already made great progress on keeping power prices low, due in large part to our commitment to keep our assets in public hands," the Premier said.

"CleanCo will go even further to help deliver cheaper and more reliable energy for all Queenslanders - from mum and dad consumers right up to large industrial users.

"Preliminary analysis indicates that CleanCo should reduce wholesale electricity prices on average by around \$7/MWh, which is expected to translate to an estimated \$70 per annum saving for the average Queensland household.

"Renewable energy is a critical part of Queensland's future which is why we are making an initial injection of \$250 million to progress the development of new, public renewable energy generation assets.

"This is part of our plan to maintain majority ownership of generation assets as we transition to 50 per cent renewable energy to deliver

secure and affordable energy.

"I'm proud the Palaszczuk Government will leave a great legacy for future generations through its ground-breaking commitment to renewable energy generation projects, more jobs and investment."

Deputy Premier Jackie Trad said CleanCo will be a game changer for energy generation not just in Queensland but for the National Electricity Market (NEM).

"While other states have struggled with the impact of privatisation and the LNP in Canberra have knifed a Prime Minister to stop any moves to address climate change, Queensland is getting on with the job of serious electricity market reform," Ms Trad said.

"CleanCo will have a strategic portfolio of low and no emission power generation assets, and will build, construct, own and maintain renewable energy generation.

"This will continue supporting jobs in our renewable energy industry, starting with 1000MW of new renewables like solar, wind and hydro."

"It is expected that CleanCo will be trading in the NEM by mid-2019, subject to receiving regulatory approvals."

Minister for Energy Dr Anthony Lynham said CleanCo is being delivered because of the firm commitment to the continued public ownership of energy assets in Queensland.

"CleanCo will become Queensland's third publicly owned energy generation company and is expected to have a positive impact on the NEM and drive more competition in the energy sector," Dr Lynham said.

"CleanCo will also help us respond to the challenges of climate change and help achieve our target of 50 per cent renewable energy generation capacity by 2030.

"We will work with Stanwell and CS Energy to look at opportunities for them to be part of the renewable future, complementing CleanCo."

Minister for Employment Shannon Fentiman said that the Government was also establishing a Just Transition Group to ensure that the energy transition in Queensland was just and equitable for affected workers and communities.

"At a national level we have seen nothing but incompetence and chaos, with a government that is asleep at the wheel with no plans for workers or communities. We won't let that happen in Queensland," Ms Fentiman said.

"The Just Transition Group will help ensure that affected workers and communities are looked after and that new jobs in the renewable sector are good, decent jobs.

"We will be able to provide a totally publicly owned transition pathway from traditional to renewable generation.

"This firmly puts Queensland at the forefront of Just Transition not only in Australia but around the globe."

To support the work of the Just Transition Group an Advisory Committee will be established to help develop a Just Transition Policy Framework. The Committee will comprise of the Energy GOCs, relevant unions, stakeholder groups, Jobs Queensland, the Department of Natural Resources, Mines and Energy, Queensland Treasury and the Office of Industrial Relations.

The Ray White logo is displayed in a yellow box in the top right corner of the first testimonial section.

A word from our clients...

30 Bettson Boulevard, Griffin

"Professional - A pleasure to work with"

Landlord - Paula & Ernst

"I have been very impressed with the respectful and supportive way in which Rebecca engaged with me from the beginning. She demonstrated a true interest in me and my investment property even before I engaged Ray White as the property managers for our rental home. Her communication has been responsive, transparent and efficient answering my many questions and sharing valuable information regarding compliance requirements, marketing for the property and the rental market in the area. The professional photographs and scheduled inspections meant that new tenants were secured within a week of Ray White being appointed as the new property Managers. I can't thank Rebecca and her team enough for taking the responsibility for the property and the stress of away from me."

Rebecca Welch
0410 242 017
rebecca.welch@raywhite.com

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raywhitemangohill.com

ratemyagent

A portrait of Rebecca Welch, a woman with blonde hair, wearing a black blazer, standing outdoors with trees in the background.

Rebecca Welch

North Lakes | Mango Hill

#1 Reviewed Agency - Rentals

The Ray White logo is displayed in a yellow box in the top right corner of the second testimonial section.

A word from our clients...

12 Nicklaus Parade, North Lakes

"Outstanding from start to finish"

Seller - Campbell & Sandra


"Amazing service from Darren, always went above and beyond and kept us up to date every step of the process. Down to earth, knowledgeable, trustworthy and 100% genuine. We would have no hesitation in recommending Darren. In fact we would say don't waste your time with any other real estate companies at all, just go straight to Ray White North Lakes. This man isn't 'Elite Agent of the Year' for nothing! Thank you so much Darren and all the team at Ray White North Lakes for outstanding customer service and a very happy outcome for all concerned."

Darren Suhle
0400 197 529
darren.suhle@raywhite.com

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A portrait of Darren Suhle, a man with short dark hair, wearing a blue blazer over a white shirt, standing outdoors with trees in the background.

Darren Suhle

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4 2 4 | \$1,250,000+



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4 2 2 | \$539,000+



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- Matthew

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Alex Silva For a Smooth Sales Process!

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- Shelby

1A Alice Street, Mango Hill

Alex Silva
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Kerry.marks@harcourts.com.au



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3  2  2 

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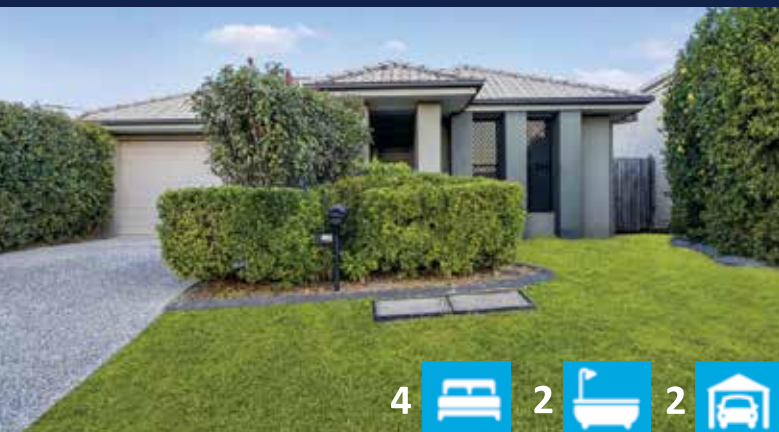
Kerry Marks

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For Sale by Judi



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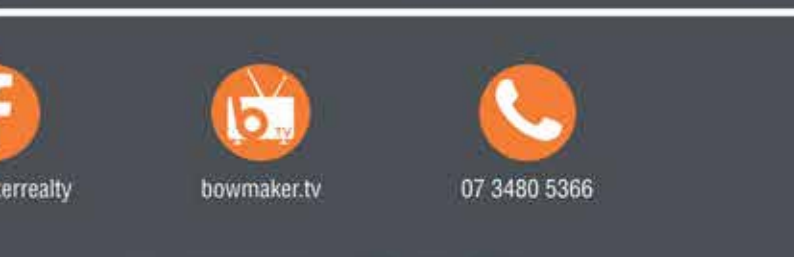


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with 50 equal monthly payments until November 2022. Minimum financed amount \$750.

Offer ends 26/09/18. Apply in store/online. Available for in-store and selected online purchases. Approved applicants only. Fees & charges apply. Interest applies if you do not comply with terms and conditions.

The products in this advertisement may not be on display or available at all Harvey Norman complexes. If you wish to view these products in person, you should ring 1300 GO HARVEY (1300 46 4278) before attending any complex to check to see if a franchisee at that complex has these products in store.

Harvey Norman[®]

Online | Mobile | Your Local Store

Ends 30/09/18. Harvey Norman[®] stores are operated by independent franchisees.

Click&Collect

Buy in-stock products from Harvey Norman Online[®] before 3pm for same day pick up*. Available everyday*. *See harveynorman.com.au for terms & conditions.

SHOP with CONFIDENCE on Quality, Value & Service.

harveynorman.com.au or call 1300 464 278 for your local store.

*1. Bonus eftpos card applies only with the purchase of the selected products. Not to be used in conjunction with any other offer. Bonus can only be redeemed at the store from which the applicable product(s) are purchased. In the case of online purchases, the eftpos card will be provided upon in-store pick up or with home delivery of product(s). Eftpos card must be activated before use, and activation can be done online at: <http://www.activatemycard.com.au/hnactivate/> or by calling 1300 079 267. Eftpos card is only valid for a period of 12 months from the activation date. Eftpos card is not redeemable for cash and cannot access cash from an ATM. Terms and conditions apply. See in store for details. *2. Conditions of 50 Months Instalment Interest Free until November 2022: Available to approved GO MasterCard customers on transactions made between 07/09/18 and 26/09/18 where the amount financed is \$750 or more. Offer available on purchases from Harvey Norman franchisees. Excludes mobile phones, gaming consoles, gift cards, hot water system supply & installation, Octopus installation services, Microsoft Surface Studio, Apple and Miele products. Excludes brands and other products that are offered for sale under agency agreements with Harvey Norman franchisees. Offer available on advertised or ticketed price. Total amount is payable by 50 approximate equal monthly instalments (exact amounts specified in your statement). If there is an outstanding balance after the interest free period ends in November 2022, interest will be charged at 29.49%. This notice is given under the GO MasterCard Conditions of Use, which specify all other conditions for this offer. A \$25.00 Establishment Fee applies to new approved applicants. Account Service fee of \$4.95 per month applies. Also available to existing CreditLine, Gem Visa and Buyer's Edge customers. Refer to product websites for conditions, fees and charges. Credit is provided by Latitude Finance Australia (ABN 42 008 583 588). Australian Credit Licence 392145.